



## CCC 40-Mile Club Instructions

Help CCC celebrate our 40<sup>th</sup> anniversary during Fearless Fern 5K season by joining our 40-Mile Club. You can participate while training for our in-person 5K or at home if you can't join us this year. Here's how to join:

- Run (or walk) 40 miles by August 31<sup>st</sup>- Make sure to keep to log and track your miles!
- Raise (or donate) at least \$40 for CCC. Each \$40 raised will provide two nights of emergency shelter for a local victim or their child. You can ask family or friends to pledge towards each mile you run, donate yourself or set up a Facebook fundraiser. Here is where to create a Facebook fundraiser for CCC:  
[www.facebook.com/fund/communitycrisiscenter/](http://www.facebook.com/fund/communitycrisiscenter/)  
Just make sure to update the title of your fundraiser to “(Your Name)’s 40-Mile Club Fundraiser” and include details in the information section on why you are running 40 miles for local survivors. If you do your fundraising on Facebook, the funds will automatically be transferred to CCC at the conclusion of your fundraiser. You can mail checks to 118 A Street SE Miami, OK 74354
- Use #ccc40mileclub to track your miles on Facebook- we may even share your post!
- Send an email to [info@getmeout.org](mailto:info@getmeout.org) when you complete your 40 miles with your name, mailing address and a picture of you we can share on social media. Make sure to mail/drop off all donations.
- CCC will mail you a “40-Mile Club” completion medal.

***Let's getting running!***