



To make this effort successful, we need YOUR help!

Run/walk/bike in the 5k—we need participants who can run/walk/bike the 5k and are able to collect financial pledges from sponsors to offer as donations to the run.

Promote the run—NYC ABC is a small collective and we need help printing and distributing posters and flyers to spaces/events/venues/businesses where they will reach the most folks who are likely to find sponsors & participate in the run.

Donate to the run/sponsor a participant—if you are not available to attend, but want to support the fundraising effort, donate online at venmo.com/nycabc or paypal.me/nycabc, with the Cash App (\$NYCABC), or mail donations to:
NYC ABC
Post Office Box 110034
Brooklyn, New York 11211

Want to participate? Want to help promote? Want to donate?
Contact us at nycabc@riseup.net
nycabc.wordpress.com
Bluesky, TikTok, and Instagram [@nycabc](https://www.instagram.com/nycabc)

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