



The Legacy Run to End Family Violence is VIRTUAL this year! The theme of this year's run is "What's Your Seven?" We encourage participants to choose what time, distance, place, and route to run and share it on social media for a chance to win prizes!

The Legacy Run to End Family Violence was founded by an Airdrie community collaboration in 2017 to raise much-needed funds and facilitate free services and supports for adults and children experiencing domestic violence. All proceeds raised will fund these free services and supports offered by Community Links.

Event organizers continue to honour the memory of Airdrie's Andrea Conroy, who was taken from her children, family, and community in an act of domestic violence on February 21, 2012 at the age of 33.

Due to the COVID-19 pandemic, the event was cancelled in 2020, but the need for support continues.

The virtual run is taking place from April 10 - May 10, 2021, with registration remaining open until April 30, 2021 and pledges accepted until May 17, 2021.

### How You Can Help:

- ✓ **Sign up individually and fundraise online through Canada Helps.**
  1. **Register** - set your fundraising goal and Share Your Seven with us.
  2. **Share** your fundraising page with your friends and family, and on social media.
  3. **Raise** funds to support the cause – all pledges to be received by May 17.
  4. **Run** your seven! Whether your goal is to run 7 blocks, 7 kms or 7 times in the month, just do it!
  5. **Participate** in social media contests for your chance to win some great prizes!
- ✓ **Follow us on Facebook and Instagram (@legacyrun2endfv) and like or share our posts.**
- ✓ **Not a runner? Support the cause by donating to Community Links or towards one of the participants who have created a pledge page.**

**Donate, create personalized pages, share with your friends, and Share Your Seven with us!**

**[www.legacyrun.ca](http://www.legacyrun.ca)**