



10K?
5K?
Fly a Kite?

Run around your Kitchn?
Kkick a ball into the
Laundry Basket?
Your Choice!



Support KEEN's inclusive ANY K
ANY WAY you can!

Welcome

Thank you for your interest in KEEN ANY K! This fully inclusive challenge will help you get active in any way you can, while supporting KEEN*. Registration is free and you can commit to your own exercise challenge. Every dollar donated to this event will help your local KEEN affiliate continue to develop and expand programming for youth with disabilities, eliminate wait lists so every child with a disability has access to exercise, fitness, and fun, and ensures KEEN's programs always remain free to our families.

Please use this guide to walk you through steps for becoming a KEEN ANY K Participant, Supporter, and/or Donor.

We can't wait to see your KEEN ANY K!

*KEEN is a national nonprofit organization empowering youth with disabilities by providing free one-to-one non-competitive programs of exercise, fitness and fun led by volunteer coaches.



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Table of Contents

<u>Definitions</u>	3
<u>KEEN ANY K Participant</u>	4-7
<u>KEEN ANY K Supporter/Create A Team</u>	8
<u>KEEN ANY K Donor</u>	9-10
<u>Virtual Bib</u>	11
<u>Submit Your Results</u>	12
<u>Access Your Finisher Certificate</u>	13



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Definitions

Whether you want to go all in, or spend a few seconds showing your support of KEEN, we have an option for you. Here are a few definitions that will help you understand the levels of involvement and the different incentives.

KEEN ANY K Participant - When you sign up to complete an ANY K challenge, you are a Participant. As a Participant, you can donate during registration, but are not required to. Signing up to participate in the KEEN ANY K earns you a Virtual Bib.

KEEN ANY K Supporter - When you click the “Become A KEEN ANY K Supporter” button, you are committing to help raise funds for the KEEN Location you select. You will create your own unique URL, which you will share with your friends and family. As a Supporter, you will earn digital badges as you achieve fundraising milestones.

KEEN ANY K Donor - As a Donor, you are making a monetary donation to the KEEN Location of your choice OR to a KEEN ANY K Supporter to help them achieve their fundraising goal.

Note: You will need to become both a Participant and a Supporter to receive all of the incentives offered by your KEEN Location.



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KEEN ANY K Participant

Getting registered to participate in KEEN ANY K is quick and easy. Please start by going to <https://runsignup.com/Race/DC/Washington/keenanyk> and follow the steps below.

Step 1: Find your local KEEN affiliate and click their green “Sign Up” button. If you are not near a local affiliate, you can support KEEN USA.



Step 2: Fill in your registration information. If you are completing the form for someone else, please fill in their information.

Registrant #1 Clear all fields

Who are you registering? *

Me Adult, 18+
 Other Adult Adult, 18+
 Minor Under 18

Quick Fill Choose one of your existing profiles to quickly fill in the registration form.

Basic Info

First Name * Last Name *

E-mail Address * Confirm E-mail *

Additional Information

Date of Birth mm/dd/yyyy Used for age group calculations Gender Male Female Phone * Format: #####-####

Address



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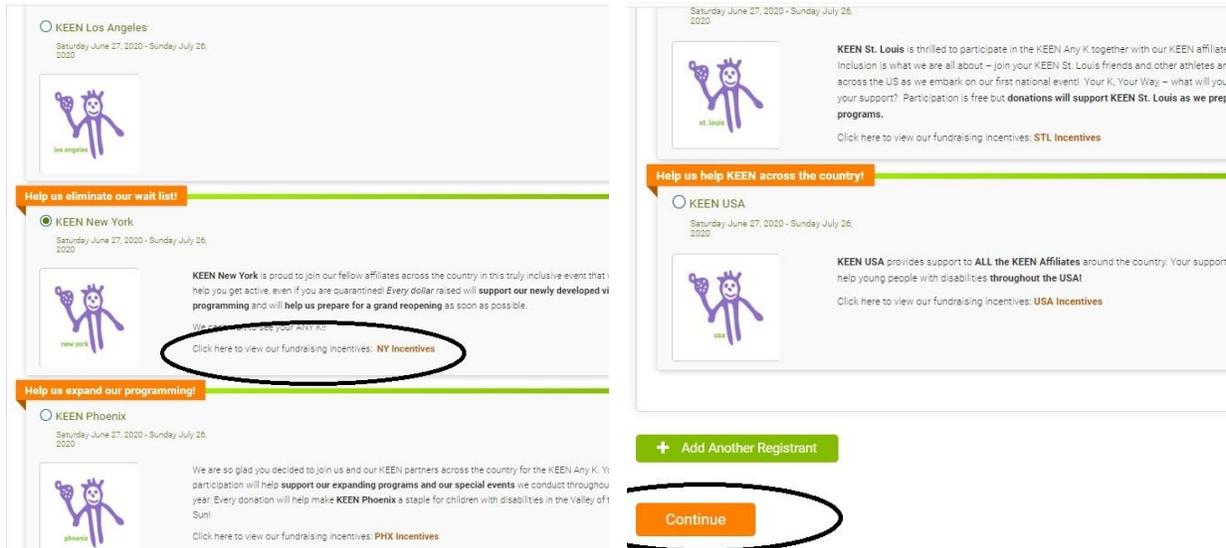


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Step 3: Check out the Fundraising Incentives your KEEN affiliate is offering.*

Please note, your affiliate is already selected based on the “Sign Up” button you clicked. You do not need to reselect it, but you can see the incentives by scrolling to your affiliate and clicking their link. Clicking the incentives will open a new window with the information.

Be sure to return to this registration page to complete the rest of the steps. After reviewing the incentives and coming back to this page, click the orange “Continue” button.



Step 4: Read the Waiver and click the box acknowledging you read and agree to it. Click the orange “Continue” button.





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Step 5: Tell us about your KEEN ANY K!
Click the orange “Continue” button.

Please describe your any "K" activity. For example: "I am going to be using a hula hoop and I will kick a soccer ball", or "I am going to run a 5k." *

I am going to do 20 Krunches everyday for the duration of the challenge

***Step 6:** Donate! There are a few options you can choose.

- Choose to donate to one of our existing KEEN ANY K Supporters: This might be a friend or family member who invited you to participate, or one of our KEEN Athletes. Click the green “Select” button under their name.
- Become a KEEN ANY K Supporter: **You can create your own fundraising page with a unique URL that you can share with your network.** This will allow people to directly support your KEEN ANY K challenge and give to your local KEEN affiliate. To do this, Click the green “Become a KEEN ANY K Supporter” button.**
- Whether you choose to donate to an existing KEEN ANY K Supporter, or just want to make a general donation, you can select one of our suggested donation levels, or enter a custom amount.

Click the orange “Continue” button.

*Donations are not required to register, but you must click the orange “Continue” button to complete registration.

**See the “Become A KEEN ANY K Supporters/Create A Team” section for detailed instructions.



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Step 7: Review your information, enter your payment details, and complete your registration by clicking the orange “Confirm Payment” button!
If you choose not to donate, the orange button will say “Complete Registration.”

Credit Card Information

First Name *

Last Name *

Street Address *

Country * Zip Code *

City * State *

Card Number *

Expiration Date * /

CVV (Card security code) *

Save my credit card for a quicker registration next time.

You can clear this transaction within 15 minutes. After that all sales are final and there are no refunds.
This transaction may be split into multiple credit card transactions to separate charity donations from the registration amount.

Do not send confirmation E-mail.



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KEEN ANY K Supporter/Create A Team

You can create your own fundraising page and/or team! This will allow you to have a unique URL to share with your friends and family so they can donate specifically to your ANY K. Please go to <https://runsignup.com/Race/DC/Washington/keenanyk> and follow the steps below.

Step 1: Click on the “Donate” tab (left menu on computers).

Step 2: This will display a second menu where you will select “Become a KEEN ANY K Supporter.”



Step 3: Name Your Team. Add your location to the team name.

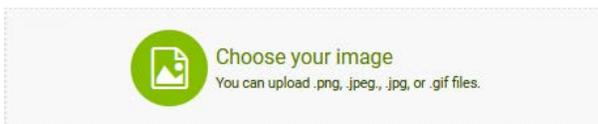
Step 4: Create a Tag Line.

Step 5: Choose a Custom URL.

Step 6: Set your Goal.

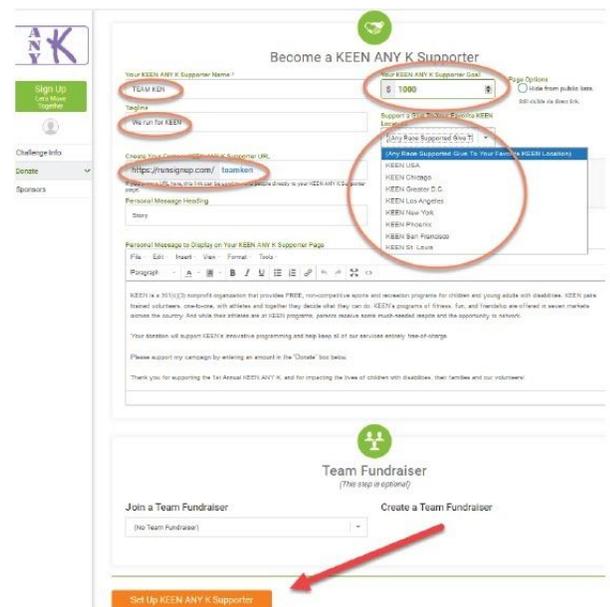
Step 7: Select the KEEN you want to support.

Step 8: Upload an Image. (In this example, the image upload box is behind the extended location menu.)



Step 9: Optional - Tell your Story

Step 10: Click “Set Up” to Create Your Team.





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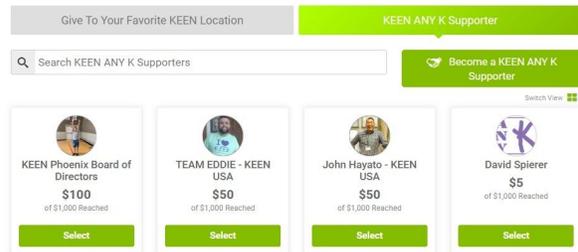
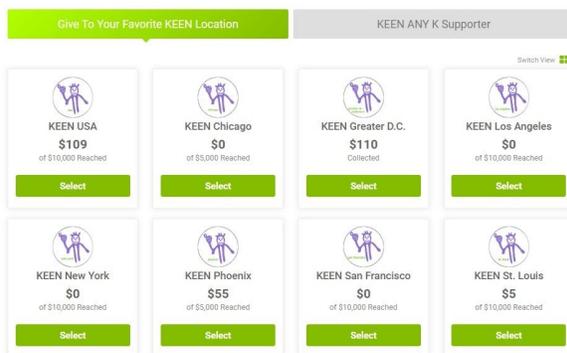
KEEN ANY K Donor

You can support KEEN and/or a KEEN ANY K Supporter without registering to participate in the KEEN ANY K challenge. Please go to <https://runsignup.com/Race/DC/Washington/keenanyk> and follow the steps below.

Step 1: Click on the orange "Donate" button (left side menu on computers, top of screen on mobile).



Step 2: Scroll down and select the KEEN location you want to support OR click KEEN ANY K Supporter to donate to an individual or team.





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Step 3: Choose your donation amount or enter a custom amount. Let us know who the donation is on behalf of and click the orange “Continue” button.

Continue

Step 4: Review your donation information, enter your credit card details, and click the “Confirm Donation” button.



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Virtual Bib

When you register as a KEEN ANY K Participant, you will automatically be assigned a custom virtual bib. We strongly encourage you to print your bib and wear it when you are completing your ANY K. Please send photos and videos wearing your bib to ANYK@keenusa.org, or post them to social media using #KEENANYK.

To access your virtual bib, go to <https://runsignup.com/Race/DC/Washington/keenanyk> and follow the steps below.

Step 1: Login using your email and password you created during registration (you may already be logged in if you never signed out.)

Step 2: Click the circular profile image below the orange "Donate" button.

Step 3: On the dropdown menu, select Profile.



Step 4: Under the Upcoming Events tab, you will see "View Pre-Race Bib."





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Submit Your Results

Read below to find out how to let us know you completed your ANY K. To get started, go to <https://runsignup.com/Race/DC/Washington/keenanyk> and follow these steps:

Step 1: Click the "Results" tab.



Step 2: Click the green "Submit Virtual Results" button.



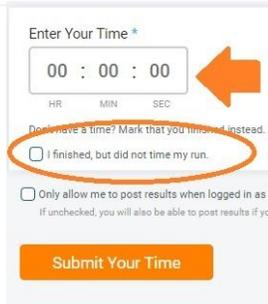
Step 3: Enter your information (first & last name or e-mail & date of birth). Click the orange "Lookup Registration" button.



Step 4: Click the green "Submit Virtual Results" button next to your affiliate.



Step 5: If you timed your ANK K fill it in, or just check the box saying you did not time your "run." Click the orange "Submit Your Time" button.



You should see this page once you've submitted:





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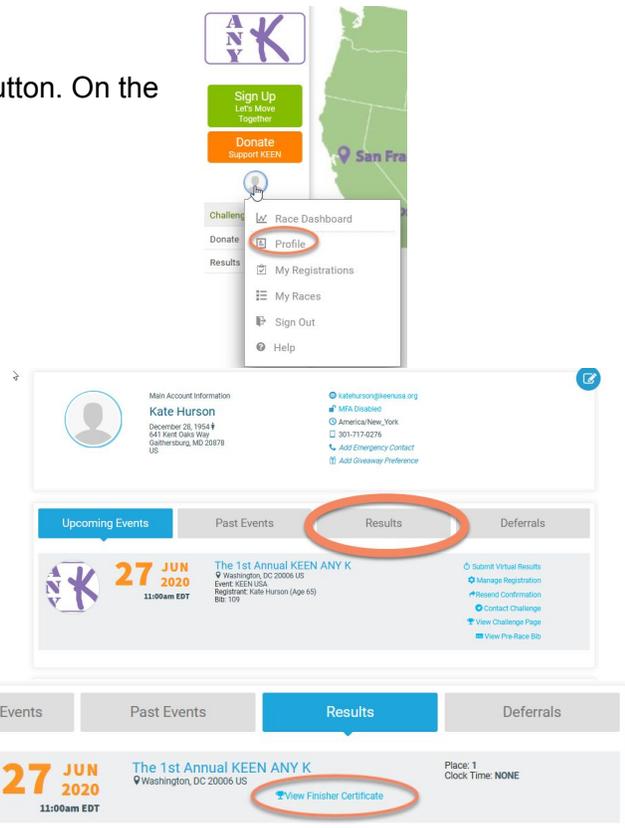
Access Your Finisher Certificate

After you Submit your Results, you can access your Finisher Certificate by following the steps below:

Step 1: Click the profile image under the orange “Donate” button. On the dropdown menu, click Profile.

Step 2: Click the “Results” tab.

Step 3: Click “View Finisher Certificate.”



Please consider printing your certificate and taking a photo! Share it with us via email at ANYK@keenusa.org or post on social media with #KEENANYK.