



The Janet Fund 5kYourWay Fundraiser

Virtual Event taking place throughout the month of February

Register online at:



The Janet Fund Live with Heart 5KYourWay - Virtual Event (runsignup.com)

\$15 per person registration fee (considered a donation)

Additional donations kindly accepted

Run, walk, spin, walk the dog, go on the elliptical - complete a 5K your way any time during the month of February (Heart Month) to support **The Janet Fund (Janet Zilinski Memorial Fund)** and their mission to protect New Jersey youth from **Sudden Cardiac Arrest (SCA)**.

The Janet Zilinski Memorial Fund is a registered 501 (c) (3) organizations that was established in 2006 after the sudden death of eleven-year-old Janet Zilinski on August 10, 2006. Janet, a seemingly healthy child, collapsed while jogging at cheerleading practice. CPR was started immediately but an Automated External Defibrillator (AED) was not onsite. Janet lost her life that night to sudden cardiac arrest.

The Janet Fund is a leader in New Jersey in preventing sudden cardiac death in youth through the lobbying and passage of Janet's Law, (currently protecting 1.6 million NJ students) and saving 25 lives to date, the widespread placement and donation of AEDs to NJ schools/youth sports organizations/township playing fields, offering free CPR training and raising awareness of the warning signs of SCA in youth. Janet's Law requires every public and private K-12 school in NJ have a minimum of one AED, an emergency action plan for Sudden Cardiac Arrest, signs directing you to the location of the AED, trained responders and an AED at all school sponsored events. The Janet Fund is the first organization in NJ to place AEDs on playing fields.

All proceeds from this event go directly to The Janet Fund and support their mission to protect New Jersey youth from Sudden Cardiac Arrest through awareness campaigns, providing free CPR training and supporting our grant program donating Automated External Defibrillators to NJ schools, youth sports/activities and communities. Keeping with Janet's spirit and compassion, The Janet Fund performs random acts of kindness for those in need.

For information on The Janet Fund go to www.thejanetfund.org.