



**RACE** **AUG 15 2021**

to **5K** **SAVE LIVES**



 **UNITED HATZALAH**

**AUG. 15<sup>TH</sup> 2021**

**[www.SAVELIVES5K.COM](http://www.SAVELIVES5K.COM)**

**#RACETOSAVELIVES**

**When seconds count!**



# WE'RE RUNNING TOGETHER

**This is it – your first step Running Together to save lives in Israel. So we'll start by saying a massive THANK YOU.**

On August 15<sup>th</sup> 2021, you'll be part of something amazing. All over the world, people are bringing their friends and family to join in our virtual 5K. Walk, run, hike, teams or individuals- it's all up to you. The goal remains the same- Running Together, raising funds to save lives in Israel.

Every day, United Hatzalah responds to over 1,800 calls at no cost. Your fundraising will enable United Hatzalah to continue its lifesaving mission.

So, to guide you through the process, this pack covers everything you will need to know. Help with planning the perfect run/walk, our fundraising tips, and all the inspiration you'll need.

**Turn the page to start an incredible journey. You're running together, to save lives in Israel.**



## STAY IN TOUCH WITH UNITED HATZALAH:

Email: [SaveLives5K@israelrescue.org](mailto:SaveLives5K@israelrescue.org)

Call: US 646-833-7108 | UK 020-8359-1123 | Canada 647-533-4497

[www.SaveLives5K.com](http://www.SaveLives5K.com)

[#RaceToSaveLives](https://www.instagram.com/RaceToSaveLives)

# YOUR MONEY WILL MAKE A LIFESAVING DIFFERENCE

Every step you take and money raised will help save lives in Israel. Your help could do all of this:



**\$36 sponsors an emergency call.**



**\$50 donates personal protective equipment**



**\$180 sponsors a complete mask kit**



**\$360 donates a life-saving oxygen tank**



**\$800 donates a bullet proof vest**



**\$5,000 donates a medical kit**

**The money you raise can help save lives in Israel and make sure that our volunteers continue to provide medical treatment across Israel in 3 minutes or less.**

# WERE YOU THE MAN WHO SAVED MY SON'S LIFE?



**“His life was saved by a United Hatzalah volunteer. I’ve been looking to find the volunteer so that I can thank him.”**

United Hatzalah volunteer EMT Levi Yitzchak Ben David, originally from New Jersey, lives with his family in Tzefat.

Two weeks ago, Levi visited the gravesite of Benayahu Ben Yehoyada. Just as he was entering the compound, he spotted a young man with a disability being led into the site by his parents. The father asked Levi to grab a few prayer books from the car as he was supporting his son. A few minutes later, the mother discreetly approached Levi and asked him, “Is that your ambucycle outside? My son was in a serious car accident half-a-year-ago near the municipal soccer fields. His life was saved by a United Hatzalah volunteer. I’ve been looking to find the volunteer so that I can thank him.”

Levi found himself going back in time to that early October afternoon. A motorcycle had been struck by a truck;

its two riders were thrown through the air before landing on the hard asphalt 50 meters apart from one another. Levi had been nearby when United Hatzalah dispatchers alerted him to the accident. Without hesitation, he raced to the scene on his ambucycle.

As additional volunteers arrived, Levi administered oxygen to stabilize the young man’s breathing, bandaged his wounds, and applied a neck brace for C-spine stabilization, he then took vitals and monitored the boy’s condition until an ambulance could arrive.

Looking at the boy, Levi grasped how momentous his actions had been. “I remember,” Levi told the woman. “I got there on the very ambucycle that you see outside. I’m the medic who saved your son’s life.” Growing emotional, the woman called her son over to meet and thank his ‘Angel in Orange’.





# STEP-BY-STEP GUIDE TO PLANNING YOUR RUN

Our simple guide makes planning your run easy.  
Make tracks with our 5 tips for success!

## 1. SAVE THE DATE: AUG 15<sup>TH</sup> 2021

This gives you ample time to train, prepare and raise funds to save lives for United Hatzalah!



## 2. SET UP A PERSONAL PAGE/ JOIN A TEAM

Visit [www.SaveLives5K.com](http://www.SaveLives5K.com) to set up your fundraising page. Join a team or create your own. Start with our fundraising tips on page 10 to help get you going.



### 3. PLAN YOUR TRAINING SCHEDULE

Whether you're running, walking, biking or hiking, 5K (3 miles) is achievable! Start training today so that you'll be ready for August 15<sup>th</sup> 2021.



### 4. SPREAD THE WORD

It's always more fun to save lives together, the size of the team is up to you. Friends, family, colleagues, neighbors- you can invite the world to join you.



### 5. GET RUNNING!

Rain or shine, stride or stroll, you're doing something amazing to save lives in Israel. Make sure to share all of your great photos on social media using [#racetosavelives](#)



FIND US ONLINE AT:

[www.SaveLives5K.com](http://www.SaveLives5K.com)

[#RaceToSaveLives](#)



[www.IsraelRescue.org](http://www.IsraelRescue.org)



# MAKE EVERY STEP COUNT

Now you're Running Together, we've got everything you need to up the pace on your lifesaving fundraising.

## SET UP AN ONLINE FUNDRAISING PAGE

Make it easy for friends and family to sponsor you – wherever they are. visit [www.SaveLives5K.com](http://www.SaveLives5K.com) and follow the steps. If you're in a group, set up a team page and fundraise together!



## MAKE IT PERSONAL

Add photos and the reason you're running to your page. Friends and family may know you well, but sharing pictures and stories about why it's important to you gives them even more reason to support.



## SET A TARGET

Don't be afraid to aim high! What could feel better than setting a big goal and beating it? Be bold – fundraising pages with a target are proven to raise way more than ones without.



## RUN WITH WORK

Ask your work if they'll match your fundraising efforts. Lots of companies are happy to match what their employees raise – dollar for dollar – so make sure you ask yours.

## GO THE EXTRA MILE

It's not just about the distance – there are lots of things you can do to make your run bigger. Ask for a donation to take part, get sponsored by step – or organise a sweepstake to guess how many steps you'll take. Think big for a run with a difference.

For even more great ideas, head to: [unitedhatzalah.org/tips&resources](http://unitedhatzalah.org/tips&resources)  
Or contact the team at: [SaveLives5k@IsraelRescue.org](mailto:SaveLives5k@IsraelRescue.org)



# DINA KLATIS SAVES THE DAY

**The woman was starting to experience more pain and murmured “I’m going to faint”**

United Hatzalah volunteer Dina Klatis works at the Herzliya Country Club. One day, Dina noticed a woman entering the building examining her hand as someone would when it hurts. Dina walked over to the woman, explained that she was an EMT. The 50-year-old woman told her that she had driven to the club to go swimming, and she slammed the car door on her hand. As Dina examined the woman’s blue and swollen fingers, she realized that the woman had most definitely suffered a fracture.

Dina led the woman over to a chair and told her that she needed treatment. The woman was starting to experience more pain and murmured “I’m going to faint”. Dina helped her lie down on the floor and began elevating her feet.

The woman lost consciousness, her pulse dropped so low that it was barely distinguishable, and she started to seize. Dina alerted United Hatzalah dispatch three minutes later Roni, a fellow United Hatzalah volunteer, arrived. He assisted Dina in administering oxygen and taking the woman’s vital signs. As the patient’s convulsions subsided, they splinted and bandaged her fingers and then helped transfer her onto the ambulance for evacuation.

“A few days later she came to the club specifically to thank me. She told me that she regularly suffers from low blood pressure. I’m just so thankful that I intercepted her before she went into the pool. It would have been far more serious had I not stopped her, and she went into the water to go for her swim.”

**DINA ALERTED  
UNITED HATZALAH  
THREE MINUTES  
LATER A FELLOW  
UNITED HATZALAH  
VOLUNTEER,  
ARRIVED.**





## When seconds count!

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[#RaceToSaveLives](https://twitter.com/RaceToSaveLives)



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