



MEDIA RELEASE

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NOVA's Annual NO BULLYing Run Will be Hybrid in 2022

Proceeds to support NOVA anti-bullying programs in local schools

(BUCKS COUNTY, Pa.) NOVA has announced that the 10th Annual NO BULLYing Run will be a hybrid event. It will take place during the entire month of October, 2022 to coincide with National Bullying Prevention Month. This event raises awareness about the effects and consequences of bullying and funds NOVA's efforts to combat bullying through both school-based and virtual education programs. No Bullying Run participants can choose their own course and distance with the collective goal of logging 22,808 miles. Each mile of the goal represents one child who will be bullied in Bucks County this year, according to statistics from PACER's National Bullying Prevention Center. Registration is now open! Register at <https://runsignup.cnovasnobullyingrun>.

This year's NO BULLYing Run events will begin with NOVA's first annual "Upstander Day" on Sunday, October 2, from 9-11 a.m. at Central Park, Doylestown, Pa. Together, participants will walk together against bullying in Bucks County. This is a free event with live entertainment, kid-friendly activities and more. Attendance at Upstander Day is not required for participation in the virtual activities throughout the month of October.

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The event continues through October as participants have the option to run, walk, stroll, or roll at one of three levels - Free, Standard or Premium. Anyone can participate and register at the Free level. The registration fee for the Standard Level is \$15.00 and includes a 2022 NO BULLying Run Tech T-Shirt. The registration fee for the Premium Level is \$30.00 and includes a 2022 NO BULLying Run Medal and a 2022 NO BULLying Run Tech T-Shirt. Age categories are: 10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80 and up. In addition, Girl Scouts are invited to take part in the run and earn a "Stop Bullying" badge. All participating Girl Scouts must enter their troop number at registration in order to earn the badge.

Participants can complete their miles all at once or break them up throughout the month. During the month of October, participants are asked to log their miles and report them via the event's results page, either daily or weekly. Throughout the month, participants will have the opportunity to win weekly prizes for logging their miles and completing family-friendly challenges listed in the event's Facebook Group. Standard and Premium participants will have the opportunity to compete for the coveted bull trophies! The results will be tallied for the overall goal of 22,808 miles. Participants at all levels will receive an orange Upstander bracelet to show their commitment to end bullying.

"At NOVA, we believe that education is the key to prevention. Last year, the NO BULLying Run raised over \$45,000," Michelle Cash, Director of Development at NOVA. "These funds helped to

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provide FREE prevention education programs to tens-of-thousands of Bucks County students on topics such as personal safety, healthy relationships, harassment, cyberbullying, and bully-free classrooms. So, we encourage everyone to participate and help put an end to bullying.”

NOVA welcomes back Penn Community Bank as the event’s Title sponsor for the seventh consecutive year. NOVA is also pleased to have Munich RE back as a Diamond sponsor for a third year. NOVA encourages participants to join the official NO BULLYing Run Facebook Group at <https://www.facebook.com/groups/nobullyingrun>. In addition, participants can share their race results on NOVA social media pages:

Facebook: <https://www.facebook.com/nova.bucks/>

Instagram: <https://www.instagram.com/nova.bucks/>

Twitter: <https://twitter.com/novabuckscounty>

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About NOVA

NOVA supports, counsels and empowers victims of sexual assault and other serious crimes in Bucks County and works to prevent and eliminate violence in society through advocacy, training, community education and prevention programs. Founded in 1974, NOVA is a non-profit 501(c)(3), community-based organization operating out of three offices in Fairless Hills, Jamison and Perkasio. Services are made possible through the financial support of federal, state and local government grants and contracts, corporations, foundations and private donations. All contributions are tax deductible to the extent provided by law. For more information, visit www.NOVABucks.org.

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