



Dominion Payroll

SpeakUp5k



SpeakUp  
for teen mental health

# JOIN CKG FOR RVA'S BIGGEST CELEBRATION OF TEEN MENTAL HEALTH!

## SEPTEMBER 6, 2025

The SpeakUp5k was a vision created by Cameron. It is held annually in Richmond at Byrd Park, along with an option to participate virtually from anywhere in the world! It's an experience full of hope, light, and positivity for all ages and abilities. Participants encounter fun zones along the course along with the iconic Quote Alley, featuring quotes taken directly from Cameron's journals.

Make plans to join us for our 12th year hosting this event. You'll be sure to carry the joy, excitement, and support from race day with you throughout the year!

To register visit [ckgfoundation.org/speakup5k](https://ckgfoundation.org/speakup5k)



SCAN ME

