

ALFAISAL UNIVERSITY



ALFAISAL JOURNEY TO 5K

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A WORD FROM THE DEPARTMENT CHAIR

We are thrilled to announce the successful conclusion of the **Journey to 5K Bootcamp with an exhilarating 5K race held at Alfaisal University.**

The **Family and Community Medicine Department** was excited to present a unique first of its kind initiative aimed to foster a **healthy campus** atmosphere and encourage active participation among students, staff, faculty and alumni.

In collaboration with We Run Team, we organized the "**Sunday Alfaisal Runday**" program, providing a running crew and expert coaches to help Alfaisal community strength train and prepare a 5K race.

Even though the bootcamp started on the 14th May, the Sunday StrengthRunning training exercises has been going for **12 months now** and it will continue even after the race to promote health and physical well-being.

This initiative also serves our department's social responsibility and community engagement goal.



BARAA ALGHALYINI
VICE DEAN, COLLEGE OF
MEDICINE

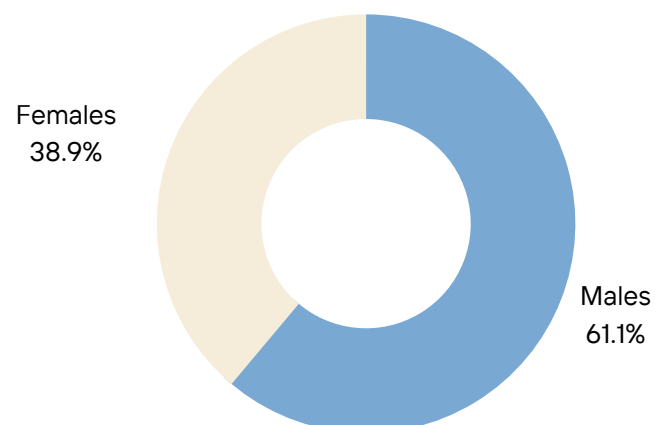
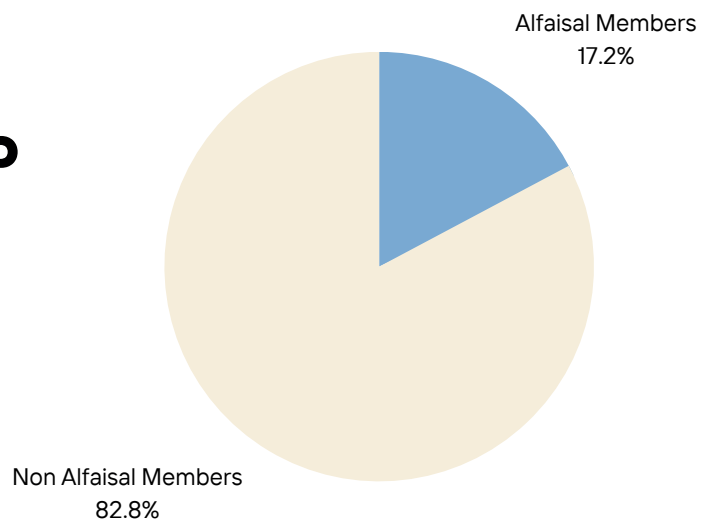




JOURNEY TO 5K BOOTCAMP AND RACE

BY FATIMA ADEM

A total of **180** enthusiastic individuals participated in the race of **both genders and all ages**. This initiative was open to all the public . We announced the race through our social medial channels, internal email circulation, StudentAffairs and Marketing Department. This initative was possible due to our continued collaboration with **We Run**, a fantastic club that has consistently shown their dedication to keeping our **campus active and vibrant** throughout the year.





ALFAISAL RACE

Awards and Recognition:

During the event, we celebrated the accomplishments of the **top three male and female participants** by presenting them with trophies and financial prizes. Their outstanding performance served as an **inspiration to others**, emphasizing the importance of perseverance and physical fitness. This race had a budget of 1000 SR from Alfaisal University.





38.9%

We are proud to witness the era of female empowerment as more than 70 female enthusiast showed up at the race from all different walks of life.

80%

Most of our attendee were from the youth population that we are targeting.

HEALTHY CAMPUS

Promoting Health and Community:

We are extremely **proud** to have provided **Alfaisal students, staff, faculty and alumni** with the opportunity to engage in physical exercise and become an integral part of the campus community. This first of its kind event served as a testament to our commitment to social responsibility, as well as an excellent platform to **showcase the beauty of our campus**. The **enchanted palace and gardens** were widely appreciated and became a topic of conversation among all attendees.



ACKNOWLEDGEMENTS

We extend our sincerest gratitude to **Dr. Baraa** and her team member **Dr Fatima Adem** for wholeheartedly supporting this noble cause and actively participating in the event. We would also like to express our deep appreciation to **We Run** represented by **Dr Sarah Farhoud, Coach Madkhali, and Coach Sami** for their exceptional organizational skills and dedication to making this race a resounding success. Furthermore, we are grateful to the **Alfaisal student body, staff, and faculty** for their enthusiastic participation and commitment to maintaining a healthy lifestyle. Special thanks go to the **facilities and security teams** for their support and assistance throughout the entire event.



