

Let's Have A Virtual Race



Meeting to race may not be possible, but you can still break a sweat. Virtual Races, Walks or “No Run Runs,” are great for individuals of all fitness levels and can be done at any location. A virtual race allows you to register to “run” alone or with a virtual group of friends while fundraising for ADRA. Since your “finish line” is whatever you determine your fundraising goal to be, there’s a lot of flexibility in designing a virtual race—marathon (your fitness tracker logs steps as you pace around the apartment or use an app that only requires you to carry your phone), walkathon (how far can a daily walk in the park—at appropriate social distance from others—take you), cycling (how many people do you know have a stationary bike at home?) Simply get a group of friends together, set your challenge and decide how you will track your progress using one of the many apps available out there! It’s a great time to get dust off those trainers and get moving. If you are active on social media why not post your progress through photo or video. Celebrate your achievements with others both in fitness and helping to make a change around the world!

g doesn’t have to be daunting. You don’t need a big event to make a difference. There are several other ways to fundraise for ADRA by yourself or with your immediate family. Here are just a few ideas:

To Do:

1. Set your challenge! Decide how many steps, laps or miles do you want to complete and how quickly? Will you wear a funny costume every time you walk/run?
2. Decide if you want to complete your challenge alone, with others or in competition with others.
3. Decide how to track your progress: using an activity tracker, app on your phone? Using a digital tracker or app will make it easy to share your progress online.
4. Setup your fundraising page on JustGiving. If you are completing the challenge with others get them to join your page or setup their own pages.
5. Share your challenge a week or two before you start on your social media, through phone or email with your friends and family. Get them to sponsor you – perhaps per number of steps, mile etc. or for a one-off donation.
6. Get the necessary equipment: do you need new trainers, sports clothes, water bottle or are you wearing a funny costume?
7. START YOUR CHALLENGE!

8. Post your progress on social media and on your fundraising page once your challenge has begun. Take pictures, short videos and share the stats from your tracking app throughout.
9. Reward yourself with a treat when you meet your intermediary goals! Think you can go further? Challenge yourself with a few extra steps or miles if you think you can.
10. Remember to promote your fundraising page throughout and the reason why you are doing it.
11. Celebrate when you finish with a final post/text/email by thanking your supporters – detail your final achievement of steps, miles etc. and how much you raised.
12. Report your final fundraising total to your ADRA Agent.

Resources*

Planning

[Setup a Fundraising Page](#)
[Virtual Invitation \(Cycle\)](#)
[Virtual Invitation \(Run\)](#)

Free** Fitness Tracking Apps

MyFitness Pal (iOS and Android)
MapMyWalk (iOS and Android)
Pacer (iOS and Android)
GoogleFit (iOS and Android)

*These apps are free to download and use basic features but may have premium versions available for a fee. Please check any terms and conditions from the app providers thoroughly before downloading them.

*Please note that some resources may link to external sites or providers. These are merely suggestions to help you plan and run your event and is in no way endorsed by ADRA-UK. Please ensure that you surf the web safely and read any terms and conditions before using other services online.