2018 SHAPE America BIG FEATS VIRTUAL RACE

Virtual Race Guide

Teacher

TABLE OF CONTENTS

Get to Know SHAPE America

- Who We Are
- Why We Need Your Help
- Where Your Donations Go

Getting Started

- How to Do a Virtual Race
- Take It to the Next Level
- Making Your Impact: 4 Easy Steps for Fundraising
- Amplify: Social Media Guide and Outreach

Teacher Resources

- Starting Your Personal MOVEment
- SHAPE America Tips for Success
- Tips for Parents
- Class Activities & Ideas

FAQs

- Virtual Race Questions
- Online Fundraiser Questions

Get to Know SHAPE America

2018 SHAPE America BIG FEATS VIRTUAL RACE

October 22 - December 31, 2018

Who We Are

SHAPE America — Society of Health and Physical Educators is a 501(c)(3) nonprofit association and the nation's largest membership organization of health and physical education professionals.

Our vision is to have a nation where all children are prepared to lead healthy, physically active lives — and our programs and resources support the teachers who are making a difference every day.

Through our advocacy efforts, we laid the groundwork for the inclusion and elevation of health and physical education in the *Every Student Succeeds Act* (ESSA). And now, we continue the fight for increased funding for these critical K-12 programs.

Why We Need Your Help

Physical inactivity is a worldwide pandemic, shortening lifespans and leading to chronic illness. Today's youth also suffer from unprecedented levels of stress, bullying and societal pressures.

For children from disadvantaged areas, these issues are compounded by health disparities and inequities which negatively impact their ability to learn and thrive.

To move the needle on this issue, we need to help children build healthy habits and a love for physical activity at a young age — through effective health and physical education programs. Fostering active environments and lessening health disparities and inequities for all children is a Big Feat — but it can be done with your help.

Join in the movement to support student health and wellness and benefit our nation's most vulnerable children.

October 22 - December 31, 2018

Where Your Donations Go

80% of funds raised from the Big Feats Virtual Race will benefit high-need schools by providing essential funds for the equipment, training and safe spaces that can prepare all children for a lifetime of health and physical activity.

By participating in SHAPE America's virtual race, you are supporting health and physical education programs at the *local, state and national levels.*

Thank you for your commitment.

Getting Started

October 22 - November 28, 2019

Making moves

for the good of our nation's youth.

How to Do a Virtual Race

A virtual race can be run, walked or rolled anytime and anywhere. Prefer to swim or bike some miles? That's perfect! How you move is totally up to you. You decide when, where and how you complete the race and then do it. It's THAT simple.

REGISTER

Ready to make an impact? Sign up today by clicking the "Join the Movement" button!

MOVE!

MOVE in any way that works for you! Set a movement goal and/or distance goal you are comfortable with.

SHARE

Share your movement journey on social media using #BigFeats to get support and donations from friends and family.

1

Register and mark your calendar for the date(s) you'll commit to movement goals, between October 22 and December 31st.

- It could be part of your class warm-up activity.
- It could be a specific theme surrounding Thanksgiving or another holiday.
- You can make it more frequent and commit to movement goals, once, twice or three times a week depending on how often you meet with your students.

2

Move in any way that works for you! In the classroom, have students set a movement goal and/or distance goal they are comfortable with. If you're working with students with disabilities have them move in any way that works for them! Guide them to set a movement goal and/or distance goal they are comfortable with.

- **EXAMPLE:** *"I will run, walk or wheel myself a distance of 5K on Giving Tuesday."*
- **EXAMPLE:** *"I will do X activity 3x/week from October 22 - December 31st."*

Examples of activities other than running or walking: *Using an ergometer, arm movements or maintaining an isometric position (holding an object for an increased amount of time).*

3

Share your classes' movement journey on social media using #BigFeats to get support and donations from friends and family.

- **SWAG TIP:** Share your hard-earned medal via social media on Instagram Medal Monday and proudly display that medal in your gym, classroom or office.

2018 SHAPE America BIG FEATS VIRTUAL RACE

October 22 - December 31, 2018

Take It to the Next Level!

Teachers! Interested in leveling up? We have a couple of challenges for you! Share your race results on social media via Fitbit, Strava, Nike+ or a fitness app of your choice and join our competition!

MOVING & IMPROVING

A challenge for **every**body

Share your goals! Post your goal and start date
Share your progress (timing is up to you!).
Finish by posting a video tagging @SHAPE_America on Twitter, using **#movingandimproving**

MOVE WITH MORRIS

Run like a **CEO**

SHAPE America's CEO Stephanie Morris is challenging YOU to beat her 5K race time. Follow along with her progress on Twitter using **#movewithmorris**

TOP TIMES

Race to the finish

Top 3 - 5K Running Times
Top 3 - 5K Wheelchair Propulsion Times
Are competitive races your thing? Post your 5k race time from your fitness app on social media and tag SHAPE America using the hashtag **#bigfeatstoptime**

Level Up Challenge Details

To participate in the Move with Morris and the Top Times challenges, please use your fitness tracker to track your 5K results (3.1 miles)

Screenshot/share your results and send them to @SHAPE_America on Twitter or post them with the correlating hashtag.

You can submit multiple times — ***we encourage it!*** Race time will be counted if it is submitted by 11:59 PM ET on December 31st. We will periodically post the top times to keep everyone informed.

And of course, we have awesome prizes for top fundraisers, too!

If you are organizing a virtual race for your class or community, feel free to share photos and times with SHAPE America (more info below) to promote on social media!

You can also create a competition within your school and community to engage the more competitive individuals.

Making Your Impact

4 Easy Steps for Fundraising

When you registered for the Big Feats Virtual Race, you received a personal fundraising webpage. Here are 4 ways to make the biggest impact:

1 Personalize your webpage

Use your personal fundraising page to tell your story. Remember, when people know why you are fundraising, they are much more likely to support you! Learn how to set up your page here!

2 Set a target

Aim high with your personal target — it can motivate you and your donors. Don't forget about the incentives available for reaching certain benchmarks with your fundraising! Prizes and awards are available for the top fundraising individuals and teams!

Medal

Virtual Goody Bag

Digital Race Bib

Socks

2018 SHAPE America BIG FEATS VIRTUAL RACE

October 22 - December 31, 2018

Making Your Impact

4 Easy Steps for Fundraising

3 Share!

Use social media or email to contact friends, family, colleagues and more. Share your goals and inspiration:

- Go to the "Personal Page" or "Team Page."
- Click "View Personal Page" or "View Team Page."
- On your personal or team page, find the "Share" link toward the bottom of the page and click on the Facebook/Twitter icon.
- Post one of our sample messages to your profile and remember to update your post regularly.

Be sure to mention why you're participating and why it's so important for people to donate. Facebook or Twitter are great way to thank your donors publicly by mentioning them in your status updates, which puts out another subtle request for donations at the same time. Everyone will want to become a part of what you're all doing together!

4 Thank your donors!

Just like asking for donations is an important first step to fundraising, thanking your donors is even more important. Every donation should be acknowledged immediately with an email, social media call out and/or a handwritten thank-you note. You can also thank your donors directly from your fundraising page!

October 22 - December 31, 2018

Amplify

Social Media Guide and Outreach

Social media is a key component because it allows you to share with your friends and family for free! Social media can make or break your fundraising goals. Here are some tips, tricks and examples to make your race the best it can be on social media!

First, some ground rules:

- Tag SHAPE America in your posts for maximum visibility.
- Remember to use hashtag #BigFeats to ensure you are a part of the community and get support.
- Do not make every post an ask; share a personal story, anecdote, and content from the heart when sharing your race details.

Facebook

- Share your personal fundraising page with a prominent donation link.
- Relate to others by letting them know why you are fundraising for SHAPE America.
- Share your story! Are you an HPE teacher or professor? Let the world know what your #BigFeats look like.
- Thank donors by giving them a shout out.
- Create a Facebook event and invite people to attend. Even if only you are running the race, it is important to share information with your community.

Sample Facebook Posts

"Hey family and friends! Please join me in #BigFeats by supporting me in my fundraiser for SHAPE America. Funds will go to help high-need schools across the U.S. to build effective health and physical education programs and healthier school environments. To donate, please visit my personal page: (www.url.com). Any amount helps! Thank you!"

Sample Facebook Posts

"Ready to make your moves matter? Join my #BigFeats team and help support me fundraising for SHAPE America. 80% of the funds will go to help high-need schools across the U.S. to build effective health and physical education programs and healthier school environments. To donate, please visit my personal page: (www.url.com). Any amount helps! Thank you!"

Twitter

- Introduce your fundraiser to your followers using the hashtag #BigFeats.
- Share a link to your personal fundraising page or your Facebook event, where they can learn more about your event.
- Tweet or vlog before, during and after your fundraiser. Let your supporters know how your planning is going, how far away you are from your goal, and recap after! Always keep your followers informed!
- Remember, include @SHAPE_America and hashtag #BigFeats in your tweets so we can see all your updates and share with our followers!

Sample Tweets

"I've got my active shoes on! Help me as I race my way toward funding effective HPE programs & healthier school environments 4 high-need schools across the nation. Every little bit counts & brings us a step closer to #Big Feats! (URL)"

"Family and friends: check out my donation page for @SHAPE_America (URL) #BigFeats!"

"We are halfway to our goal! Please share and keep the donations going! Visit (URL) to give and support @SHAPE_America to fulfill their vision of a nation where all children are prepared to lead healthy, physically active lives."

"Thank you to @TWITTERHANDLE for your donation toward my fundraiser for @SHAPE_America. Every little bit counts! # BigFeats Donate at: (URL)"

Team Leader Sample Tweet

"Family and friends: check out my donation page for my teams' @SHAPE_America fundraiser: (URL) #BigFeats!"

Instagram

- Take photos or video of your journey through the virtual race!
- Capture the memories you create as you carry out your fundraiser! We love to see all the fun and unique ways you are raising awareness. *Remember, it is all about the journey, not the destination.* 😊
- Feel free to include a link to your fundraising page or event information in your bio so you can link it.
- Tag us so we can join in on the fun. Tag us on Instagram @shapeamerica.

Email

Email is a great tool to use throughout the fundraising process. You can reach multiple people quickly and effectively. Your emails should convey why you are fundraising, what you are doing to fundraise, how to donate, and of course — your goal!

You should also put your virtual race information in your email signature to promote to everyone in your network. We will provide some sample emails for you, but you should take the time to personalize your message! See below for various e-mail templates.

Email Templates

For Your Network:

Family and Friends,

Please help me support high-needs schools across the country by making a donation through my team's fundraising page for Big Feats for SHAPE America virtual race. Even a small donation will help to provide essential funds for the equipment, training and safe spaces needed in order to foster a lifetime of health and physical activity for students. The process is fast, easy, and secure. Thanks so much for your support.

For Parents:

Sample E-mail 1:

Dear Parents/Guardians,

Regular physical activity is one of the most important things that we all can do for our own health and those around us! Teaching physical activity to be a daily habit is something that we owe to our children! Kids need to learn that getting daily activity is a basic human need. In addition, current research indicates that habits that are formed in childhood will have a lasting impact into adulthood.

As such, I will be participating in the “Big Feats Virtual Race” in partnership with SHAPE America. A virtual race is completely flexible; you pick when, where and how you complete the race and then do it. I’ll be infusing this concept into my class over the next few weeks. If you want to learn more about it, or to register and participate on your own, please see the attached resources.

As part of this particular virtual race, the money raised will benefit high-need schools by providing essential funds for the equipment, training and safe spaces that can prepare all children for a lifetime of health and physical activity. I would truly appreciate if you help support me in this cause - even a small donation will go a long way! Thanks so much for your support.

October 22 - December 31, 2018

Email Templates

For Parents:

Sample E-mail 2:

Dear Parents/Guardians,

Regular physical activity is one of the most important things that we all can do for our own health and those around us! Teaching physical activity to be a daily habit is something that we owe to our children! Kids need to learn that getting daily activity is a basic human need. In addition, current research indicates that habits that are formed in childhood will have a lasting impact into adulthood.

As such, (ENTER SCHOOL NAME) is pleased to be holding a "Big Feats Virtual Race" in partnership with SHAPE America. All money raised will go to high-need schools by providing essential funds for the equipment, training and safe spaces that can prepare all children for a lifetime of health and physical activity.

A virtual race is completely flexible; we can pick when, where and how we want to complete the race. The kids will have the option to run, bike, swim, or walk 3.1 miles (over the course of a few days). See the attached resources for additional details.

We need your help to reach our school fundraising goal of $_____
Please help support your child's fundraising efforts by registering them online at donate.shapeamerica.org/event/bigfeats and send out donation request emails to friends, family and colleagues.
Thank you in advance for your support!

Teacher Resources

October 22 - November 28, 2019

Teacher Resource Guide

On the next few pages you will find resources that you can share with parents/families and resources to use at school to promote the SHAPE America Big Feats Virtual Race.

Resources to share with Parents:

- Starting your Personal MOVEment
- SHAPE America Tips for Success
- Moving with Family

Resources For Teachers:

- Class Activities and Ideas

Starting your Personal MOVEment

Just as with any type of race, it is important to do some training before your virtual race. Here are some things you can do to make the most of your virtual race experience.

Create a Goal for Yourself

When you begin training for your race, begin with a goal in mind. Perhaps you want to complete an entire race without stopping. Maybe you want to achieve your personal best, or maybe it is something that is completely unique for you. Goals can give you the motivation you need throughout your training. If you accomplish your goal during the race, it will mean so much more.

Make a Training Plan

Before you begin training, create a training plan. Decide which days you will train and figure out how long you will train on each of these days. This will help you stay focused on your goals and will give you a schedule that you will want to stick to.

Find a Place Where You Love to MOVE

Your environment can make a huge difference on your training and your mindset during the race. One of the benefits of doing a virtual race is that you can participate wherever you want, whether that's swimming in an indoor pool, walking around the mall, or wheeling yourself through the neighborhood. Find that place that makes you feel great when you are moving so you can have a wonderful time during your training and during your race.

Have a BLAST

The most important part of any virtual race is to have a great time. You can have a fun time while you are training too! Training for your race not only helps you be prepared for your race, but it also can make you more excited for race day. We want to make sure you truly treasure that medal after all of your hard work!

SHAPE America Tips for Success

1. **Do what's right for you** — Check with your doctor and pick an activity (biking, walking, running, ergometer, or another way to increase your heart rate) and intensity level that makes sense with your ability level. Remember, you don't need to complete the race all at one time unless you want to! If you need to, make the race more manageable by doing it over multiple days or weeks.

2. **Wear the right gear** — Be sure you are wearing the right shoes for your choice of activity.

3. **Friends (and family) are your allies** — Exercising with friends helps you complete your goals. Find a friend and get moving! Having a buddy can help you stay accountable during your training and help make sure you stick to your training plan. Getting your family involved is great, too. Find times during the daily routine to get the family moving like after dinner or before lunch.

4. **Take steps to reach your goal** — Small steps can lead to Big Feats! Make sure you plan how you will achieve your movement goals. If you're running a 5K, check out this helpful template.

5. **Adjust and reevaluate** — Rest matters. Make sure you are getting sleep and resting your body when you need to.

6. **Make it fun!** — It doesn't have to be just another race. This is your chance to individualize it and make it your own. Plan your race day course. Include fun places to see, such as your favorite park. Maybe even plan to end your race at your favorite restaurant.

Don't know how you're going to fit "one more thing" into your schedule?
Talk It Out! Use your movement time to chat with a friend on the phone or call a family member you might not have talked to in a while. Look at you, you're multitasking!

Moving with Family

Parents play an important role in helping their children live a healthy and active lifestyle now and for a lifetime. This includes understanding what high-quality health and physical education programs should look like. SHAPE America has developed a checklist so parents can get to know their child's physical education program.

Even more important is setting the example at home. Parents serve as role models in making physical activity an important part of daily routines. Here are some additional SHAPE America resources to get ideas on how you can squeeze in more activity at home: 101 Tips for Family Fitness Fun and Ten at a Time November 2018 Physical Activity Calendar (English) (Spanish).

If you want more information on how you can support health and physical education programs so children grow up into healthier adults with less risk for chronic disease and diabetes, visit the parent section on the SHAPE America website.

If you have small children, move with them! Play a game of chase, use playground equipment to do exercises like tricep dips and incline pushups. Propel your wheelchair up a hill or try isometric exercises such as doing a plank or holding your arms to the side with or without weights. Whatever you do, just move.

If you have older children, physical activity can be a great way to carve out some one-on-one time. Take a walk after dinner, ask your child to show you a new game or activity, and ask them about their day. Being active together reinforces the importance of physical activity and allows you to connect with your child.

October 22 - December 31, 2018

Class Activities & Ideas

You've signed up for the Big Feats Virtual Race and that's awesome! This is a great opportunity to share with your school and parents about the importance of health and physical literacy. Share your awesomeness with your students and hype up your race by incorporating these activities into your lessons or taking these ideas to use school-wide. If you have access to pedometers, make sure kids track the steps they take while participating in activities during the fundraising period! Provide students with a tracking sheet help guide their movement journey.

- **Average steps per mile:** 2000 steps per mile
- **Average steps in a 5k:** 6,200 steps

If you don't have pedometers or are not tracking steps, have the students perform the activity of their choice and then challenge them to decrease their time by 10% - 15% increments.

Activity 1

Student "Virtual Race"

Grades: 3-12
National Standards: 1, 3
Equipment: Pedometers or other activity trackers per student

Description: Share with your classes that you have registered for the SHAPE America Big Feats Virtual Race. Share with them that there's about 6,200 steps in a 5k. Challenge students to do a "virtual race. Have the class select a day Oct. 22nd-Dec. 31st where they will try to accumulate 6,200 steps in one day. They can use pedometers, their smartphone (if it tracks movement) or any other activity tracker. For older students, challenge them to get the 6,200 steps while they are in school.

For students with physical disabilities, students can also accumulate physical activity time instead of steps. Students with disabilities engaging in different activities can demonstrate accomplishments in decreasing the time it takes to reach a distance or increase the amount of time the students can continue the challenge such as holding an isometric position or weight. Focus on what the student *can* do to come up with various ideas.

Activity 2

Virtual Obstacle Course

Grades: K-5
National Standards: 1, 2, 3
Equipment: hula hoops, bean bags, cones, mats, floor tape, any other equipment

Description: Share with your students how you are completing the SHAPE America Big Feats Virtual Race. Share with students that you would like for them to participate in a virtual obstacle course to support being healthy and active. In your gym or activity space, use a variety of equipment to make an obstacle course. Use cones or floor tape to create a path around the gym for students to walk. On the path add obstacles for students to jump over, walk around, hope through or crawl under. Mats can be set up as hurdles or folded into an upside-down V for students to crawl through. Hula hoops can be placed on the floor for students to jump and hop through.

For students with disabilities be sure to provide lots of different ways for students to move through the obstacle course. Allow all students to choose how they move through sections of the obstacle course and to choose from among varied levels of obstacles. If students can't crawl under an obstacle use poly spots or tape alongside the obstacle to provide an alternative way to move.

Activity 3

Scavenger Hunt

Grades: K-12
National Standards: 1, 2, 3, 4
Equipment: 1 writing utensil and clue sheet per group

Description: A scavenger hunt is a great way to get students of all ages and abilities involved. Create a scavenger hunt for your students to complete. Ideally you will host the scavenger hunt in the largest space possible. Divide the class into pairs, threes or fours depending on the class size. Each group will receive a sheet of paper with clues or exercises to complete. Students will work together to figure out the clues. You can create questions based on your current curriculum, health concepts you want to reinforce or exercises to perform. To avoid students running to all the same places or completing the same tasks at the same time switch the order of the questions.

To differentiate for multiple learners, consider keeping instructions short and simple, promoting peer helpers in small groups, presenting directions in multiple languages, using pictures with the words, using larger font and contrast colors (yellow on black background), and ensuring the clues/answers/tasks are accessible for all students. Be sure to refer to the supplemental aids, supports, and services section of the individualized education program (IEP) for students who qualify for special education. Collaborate with the special educators and related services providers (therapists) to implement other accommodations.

Sample Ideas for questions/clues:

- This is where we all eat, hurry now and move your feet! (Cafeteria- When students arrive have them complete 10 jumping jacks)
- Touch 5 blue things in the gym.
- Name two places on your body you can measure your heart rate. Now spike your heart rate up with an exercise of your choice. (radial and carotid arteries)
- Move like this (insert a picture of a ball, a merry go around, or another object of your choice).

Don't feel like making your own scavenger hunt? Download the Goose Chase App!

Activity 4

Card Collect

Grades: K-12
National Standards: 1, 3, 4
Equipment: Activity Cards, one cone per group

Description: Download and print about 75-100 activity cards or use your own, it's okay for activities to be repeated. For younger, non-reading students use pictures to denote the activities. Divide the class into groups of four. If in a gym use the inside of the basketball court to place all the activity cards face down. Have cones spread out around the perimeter of the basketball court, each group will have their own cone and start from this spot. On the start signal, students will grab an activity card, complete the activity and bring the card back to their group's cone. The object is for each group to collect as many activity cards as possible.

Ways to play:

- Give activity cards different points based on the difficulty of the activity.
- Give students a specified amount of time to get as many cards as possible.
- Have everyone move the same way to retrieve cards (e.g. walk, run, skip, slide).

To differentiate for multiple learners, split the cards into sections based on difficulty and allow the students challenge by choice to pick their difficulty level. Ensure that there are cards available that the students can relate to. For example, provide cards with exercises that can be done sitting or in a chair. Spread out cards as much as possible to allow students with wheelchairs, walkers or other aids to move in the space. Allow students to use tools to pick up cards, if necessary.

This is a great instant activity idea! Have cards set up before class begins and assign students group numbers as they enter the gym.

Activity 5

Run and Spell That!

Grades: 4-12
National Standards: 1, 3, 4
Equipment: 64 index cards; one hula hoop

Description: Print and download letter cards or create your own by writing one letter A-Z on each index card (see suggested lettering below). Divide the class into groups of four. Each group will have their own hula hoop. Spread index cards face down in the center of the playing area. The teacher will call out a number, students will then race to the center of the play area to grab one index card and bring it back to their group's hoop. Each group will try to spell a word using the number of letters called out by the teacher. For example, if the teacher calls out 4, groups will try to spell a 4-letter word.

If no word can be formed students keep retrieving index cards until they can spell a word. Once all of the index cards are taken from the middle, students can begin to steal index cards from other groups' hoops. Students cannot guard their hoop. Once a team spells a word first everyone in the team must be seated to get the teacher's attention and share the word that was spelled.

Ways to play:

- Have everyone move the same way to retrieve cards (e.g. walk, run, skip, slide).
- Use health words that students must try to spell.
- Choose a category that students must spell words from (e.g. animals, food, etc.).

Suggested lettering:
A-4, B-2, C-2, D-2, E-4, F-2, G-3, H-2, I-4, J-1, K-1, L-4, M-2, N-6, O-2, P-2, Q-1, R-4, S-4, T-4, U-2, V-2, W-2, X-1, Y-2, Z-1

School-wide Ideas for Sharing Information about Health and Physical Literacy

- Create a bulletin board about health and physical literacy.
- Share a daily fact about the importance of health and physical literacy.
- Focus on health and physical literacy in your lessons during October 22nd- December 31st.
- Share with the PTA/PTO about your participation in the Big Feats for SHAPE America Virtual Race and how they can support your HPE program.
- Connect other teachers on how they can incorporate concepts from health and PE into their lessons.
- Share an infographic about the importance of physical education with parents and your principal. Visit SHAPE America's Legislative Action Center to find infographics specific to your state.

FAQs

Virtual Race Questions

What is a virtual race?

A virtual race is a race you can complete anywhere in the world! You choose how, when and where you want to do your race. You don't even have to do it all in one day! You can walk, run on a treadmill, ride your bike outside, or move in another way. A virtual race allows people of all ages, speeds and abilities to compete without time restrictions and large crowds at traditional races.

How do I become a virtual race fundraiser for SHAPE America?

Click "Join the Movement" from the Fundraising landing page on our website.

What do I get when I register?

Registrants get a packet, racer bib and medal. Additional prizes are available for those who fundraise and/or participate in challenges.

Is my registration tax-deductible?

No. Registration fees are not tax-deductible; however, any donations you make to your own fundraising account may be tax-deductible to the fullest extent of the law.

I'm already registered for another race in my town. Can I still complete the virtual race?

Yes! You can run your virtual race alongside your marathon, 5K or other race. Complete your race registration and you can fundraise for SHAPE America, too.

When is the best time to register for the Big Feats Virtual Race?

It's best to register around 3 weeks before your race so friends and family have enough time to donate to your fundraiser and you have enough time to train. Almost coming up on the race deadline? No worries — register today!

How far is the Big Feats Virtual Race?

There is no set distance. You set your own distance your goal! Personalize the race to meet your level for a healthy challenge and the feeling of accomplishment. Have small children? Break up your activity into smaller chunks! Take movement breaks whenever works best for you and track your pace.

Here are a few distance conversions for reference:

- 5K = 3.1 miles or 5,000 meters
- 10K = 6.2 miles
- Half Marathon = 13.1 miles.

- Average # of steps per mile: 2,000
- Average # of steps in a 5K: 6,200

How do I track my virtual race?

The most accurate way to do this is by using a running GPS watch, but there are also several free smartphone apps available for iPhones and Android phones. We recommend the following apps:

- Nike
- Runkeeper
- MapMyRun
- Strava

Remember to take a screenshot of your virtual race and post it on your fundraising page.

I don't want to run my race alone. Can I invite others to join me?

The more the merrier! We allow individual fundraisers to team up and participate together. A team fundraising page is the page for all of the individuals who have joined a virtual race team. Each team member will also have a personal fundraising page.

When you register for the virtual race, you will be given the option to create a team. Click "Create a Team" and start inviting your friends and family to join in.

If you choose to fundraise as an individual and forget to join or create your team, don't worry! You will still have the option to join or create a team once you have created your personal fundraising page.

Can I participate with my dog?

Sure! But please take your dog's safety and health into account. Not all dogs can handle long distances, and they must train for it, just as we do. Consult your veterinarian before starting any kind of intense exercise program with your dog.

My school would like to do an employee fundraiser using the virtual race. Can this be done?

Virtual races are a perfect addition to an employee wellness program. It gives each employee the freedom to choose when, where and how they want to race — all while staying virtually connected.

Your customized team page will be a great hub to track your school's overall fundraising progress, and foster community and friendly competition with your employees. Check out our team leader packet for ideas and activities on how to implement an employee wellness program.

My school would like to do this with our students. Can this be done?

Of course! You can register your school as a team. Check out our teacher packet for ideas and activities on how to implement the virtual race within the gymnasium, classroom and school as a whole.

Online Fundraiser Questions

How do I register?

You can register as an individual or as a team and set up your fundraising page through our online platform!

How does someone create an individual page?

To be a member of any fundraising team, you must first create an account and an individual fundraising page. From the main campaign landing page, click the “Join the movement” button and follow the short form until your page is created. Congrats — first step completed! Make sure to personalize your page! By personalizing your fundraising page, you amplify your fundraising potential! Once you have your page, log in, and personalize it: set your fundraising goal, edit your headline, your story, choose your photo, and customize your URL (optional). It only takes a few minutes and the more personal you make it, the more you increase your fundraising potential.

How do I create a team?

Are you the ringleader of this operation? If so, you are probably looking to create a team and have your friends and family join up. You can create a team directly from the Campaign Landing Page by clicking the "Join the Movement" button and selecting the "Create a Team" option in the pop-up. To create a fundraising team, you must first create an account, follow the short form until your account is created. Congrats — first step completed. Follow the prompts to name your team, set a fundraising goal, and write a team mission statement. You can then recruit team members and start fundraising!

Any money given directly to a team fundraising page or an individual that is on a team page will roll up to the team fundraising page.

If you choose to fundraise as an individual, and forget to join or create your team, don't worry! You will still have the option to join or create a team once you have you have created your personal fundraising page.

How do others join my team?

To be a member of any fundraising team, you must first create an account and an individual fundraising page. From the main campaign landing page, click the “Join The Movement” button and follow the short form until your page is created. Congrats — first step completed. After going through the process of creating their individual page by naming their page, setting a fundraising goal, and uploading a photo, they will be taken to their fundraising page. They can then join forces with you by selecting the Join a Team option after clicking the “Join The Movement” button on the campaign landing page.

They will then have the option of entering the name of your team in the search bar or browsing through the list of established teams, to find your team name. They simply click on the name of your team to become a team member.

They can also click the “Join Team” button on the team page.

Who can edit my team?

Only the team captain who created the team will be able to edit the team fundraising page. The organization account admin can update the page title, the team lead, short URL, and the team fundraising goal.

How can I leave a team?

If you would like to leave a team, select the "Leave Team" option under the Team name on your individual page and you are back to being an individual fundraiser. The team lead and other team members will not receive a notification if you decide to leave your team.

How do I thank donors?

Every donation should be acknowledged immediately with an email, social media call out and/or a handwritten thank you note. You can also thank donors directly from your fundraising page:

- **Thank from the Fundraiser Dashboard:** Select the "Donations" tab to generate a list of donations made to your fundraising page. Select the "Thank" button located to the right of a donation, type your message, and click "Comment"! You can also use the "Mark Thanked" feature, which indicates who you have thanked and who you have yet to thank for their donation.

- **Thank from the Fundraiser Activity Feed:** From your live fundraising page, scroll down until you see the Fundraising Page Activity Feed

located near the bottom of the page. This will display the most recent activity on your page. You can thank donors here by clicking the "Reply" button next to a donation, typing your thank-you message in the resulting text field, and selecting "Post Comment."

- **Thank through email:** From your Fundraiser Dashboard, select the "Emails" tab, then select the "Thank Your Donors" email template. If you prefer to thank your donors via email, this will provide you with a pre-populated email template. Select "Copy Message," paste the copied language into a new email in your personal email account and send the thank you. This copied message contains a link back to your personal fundraising page as well!

How do I send myself a receipt?

Donors can resend donation receipts via the Supporter Dashboard:

- Log in to the Supporter Dashboard that was automatically created the first time you donated or created a fundraising page on the Classy platform. From the Classy.org homepage, select the Login option at the top right-hand side of the screen. If you have forgotten your password, reset it within the login window. If you are already logged in, you can access your Supporter Dashboard from any Classy page by hovering your mouse over the avatar in the top right-hand corner of the screen and selecting My Profile.

  Once logged in to your Supporter Dashboard, you'll see the organizations you support listed on the left under "Organizations I'm Supporting." Select the recipient of your donation to open the Supporter page.

- On the Supporter page, scroll to the donations section.

- If the email listed is incorrect, you can click on “Settings” at the top of the Supporter Page in order to navigate to the Supporter Dashboard and update your email address. Once updated, resend the receipt via the Supporter Page.
- If you are using the donation receipt for tax purposes and the tax deductibility language isn't included in the resent receipt, please contact SHAPE America directly to obtain it.

What if I have a question that is not answered here?

Please email us at bigfeats@shapeamerica.org for any unanswered questions you have.