

Welcome to the 2021 Bronson Children's Hospital Virtual Run & Walk!

Enclosed is your packet to ensure your run or walk is successful! (If you'd rather bike, rollerblade, hoverboard or some other fun way to complete your 5K or 1 mile course, go for it!)

Here's how you can get involved:

- Follow Bronson Health Foundation on Facebook and join the Facebook Event "Bronson Children's Hospital Run & Walk" to stay up to date with important information. This is where we will be posting updates, sharing photos and selecting drawing winners.
- Review the calendar (on back) for fun social media interactions and drawings. Wear your Bronson Children's Hospital Virtual Run & Walk Shirt!
- Complete your run or walk anytime between Friday, September 17-Sunday, September 26.
- **Take photos and share them on the Facebook event page. Let's create a "crowd" of participants so we can share in the experience.**
- Remember to have fun and be creative!



In addition to the prize drawings above, we will also have awards for fundraising. Awards will be announced on September 27.

- Top 3 Individual Fundraisers

- Top 3 Fundraising Teams



Event Calendar

We've created some fun, optional activities throughout the week for you to consider as part of your run/walk experience.

Please be sure to share photos on our Facebook event page. The direct link can be found on the event page at [bronsonfoundation.com/runwalk](https://www.bronsonfoundation.com/runwalk). We'll be highlighting those photos as part of the shared community Run & Walk experience.

Friday, 17	Saturday, 18
<p>Flower Power Day! Wear your event shirt and take a photo with flowers or with your colored flower a from the children's activity packet. Make that flower power count and share it in the event page by 8 p.m. to be entered to win!</p>	

Sunday, 19	Monday, 20	Tuesday, 21	Wednesday, 22	Thursday, 23	Friday, 24	Saturday, 25
<p>Day of Motivation! What motivated you to participate in the BCH Virtual Run & Walk? Are you walking in honor or memory of someone? For your health? For fun? Take a photo or share your story! Share it by 8 p.m.!</p>		<p>Swag Day! Have you checked out what's inside this year's swag bag yet? Take a selfie with your orange swag bag and post it by 8 p.m. to be entered for an awesome prize.</p>		<p>Team Day! Who do you walk or run with? Your dog, best friend, family? Share a photo of your team wearing your event shirts. Don't forget to post by 8 p.m. for the drawing</p>		<p>Home Stretch! Create your own finish line and share a photo of you crossing it! Be sure to get across the finish line and post by 8 p.m.!</p>

Sunday, 26
<p>You did it! Show us your favorite selfie of you wearing your medal. Share it by 8 p.m.!</p>

Be sure to follow the **BCH Run and Walk Facebook page** so you'll see reminder posts the morning of each prize day.



[bronsonfoundation.com/runwalk](https://www.bronsonfoundation.com/runwalk)