



GFWC Florida ST Jude Walk/Run Team Instructions

We have created a GFWC Florida Virtual Team! It is going to be really fun and we will have a finish line at Fall Board with some sort of participation prize for our participants. Here is a link to our team. <http://walkrun.stjude.org/gfwcflorida>

Registration is \$10 and you can donate or fundraise for any additional amounts if you so choose. If you join the state team, there are only a few rules:

1. Choose from the following activities or make up your own:

- Walk or run any distance on a set route
- Use your daily steps from Fit Bit or similar device or app.
- Use Charity Miles to walk for St Jude.
- Count daily steps doing a certain activity- i.e.- to and from the fridge, to and from your bed to your coffee maker, to and from parking lot to store, etc. Be creative.
- Or don't be active at all and count another activity- i.e. How many times you text or email a day? How many minutes you spend on a phone a day? It can be anything you can dream up.

2. Take a photograph of you doing your "activity" in any GFWC apparel and post it to the GFWC Florida Juniors Facebook Page <https://www.facebook.com/GFWCFLJUNIORS/> Please put #GFWCFloridaStJude in your post so we can capture all the pictures.

3. Your activity can start anytime from now through Fall Board. If you are going to Fall Board please make the last part of your "activity" happen across our finish line. More details to come.

If you have questions, please contact our Junior One Voice for Children co-chairs, Brandy Petteway at brandypetteway@yahoo.com or Scarlett McGowan at mcgowan@ymail.com. You can also contact me directly with questions. Let's make GFWC Florida shine through the club, district and state team participation!

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