



How to Host a Virtual Walk

Even though COVID-19 has postponed many in-person events, there are still ways to support the PF community, and **now, more than ever**, we need your help! Virtual Walks are a great opportunity to connect with friends and family and do something you love, all while fundraising and creating awareness for the PF community.

Follow the steps below and click on the links in **green** to get started hosting your very own Virtual Walk!

- 1 Create your Walk and tell us about it!** Choose a date, time, and name for your event. We look forward to working together and can provide any additional tools and resources you might need. Contact Amy at 312.878.2351 or awardzala@pulmonaryfibrosis.org to get started!
- 2 Set up your Walk registration page!** Complete [this](#) form and the PFF will create a registration page for your event. Once your page is set up, we will help you customize it. You can use it to track registrations and collect donations.
- 3 Develop an engagement plan!** How should your participants connect with you leading up to and on Walk Day? Get creative and think outside the box for fun things your network could do. Some ideas include:
 - Ask participants to **create videos** of them walking and sharing why they walk.
 - Have them **send photos** of their completed walk or alternate activity.
 - **Use a fitness tracker** such as a Fitbit, Strava, or another app to challenge your friends and family to complete movement activities such as running, walking, biking, swimming, etc. and charge a small entry fee to join the challenge.
 - Invite your network to sign up for a **virtual workout class** on the day of your Walk and complete the class together. Ask for the price of the class to be donated to the PFF.
 - Bring everyone together using **Facebook Live, YouTube Live, or a Zoom meeting** on Walk Day.
- 4 Invite your friends and family!** Start promoting your Walk on social media, through email, texts, calls, and even a mailed invitation! Remember to tell people about the ways you want them to interact with you.



Have a fun Virtual Walk! Enjoy your Virtual Walk and use it as a fun way to connect with your friends and family while supporting the PF community.