



Stay involved with the Special Olympics Rhode Island Movement while meeting socially- distanced activity goals for a great cause!



- ◆ **Who:** YOU! Invite your family, friends, neighbors and co-workers to take part in the challenge (at a safe distance) or to donate to your fundraising page. You can even form a team or invite a team that you are on to participate!
- ◆ **What:** Set a goal to run, walk, cycle or do other fitness activities. Track your progress on your favorite wearable tracker or on the Charity Footprints app.
- ◆ **Where:** **Celebrate the Movement** takes place wherever you are! You'll also help us to "virtually" move all the way around the state of Rhode Island on our Charity Footprints page!
- ◆ **When:** You can sign up on www.charityfootprints.com/sori2020 right now and ask people to help you reach your fundraising goals.
- ◆ **Celebrate the Movement** takes place from September 26 through October 3. Complete your activity anytime and anywhere between September 26 through October 3 and be sure to update your page on charityfootprints.com/sori2020.
- ◆ *We'll announce new challenges and prizes so check back often for updates!*

How do I get started?

- ◆ Choose your activity and fundraising goals. Then decide how much you'd like to raise. Challenge yourself and set a goal worth your time! We'll be having contests for those who reach their goals, with prizes to be announced in September.
- ◆ Go to charityfootprints.com/sori2020 to set up your fundraising and activity tracking page. It's really easy, and really fun to get your friends and family involved!
- ◆ Sign up to honor or "support an athlete" you know. Just as you are inspired by an athlete, those you ask for donations will be inspired too.
- ◆ Form a team if you want! Stay socially distant but compete virtually with each other, or against other teams!
- ◆ Use social media to get word out and ask your followers to support our cause.
- ◆ Take lots of pictures of your training for **Celebrate the Movement!** Share them on social media or send to patricia@specialolympicsri.org.
- ◆ Stay tuned to learn about challenges and prizes you can earn...*this will be so much fun!*

Stay Safe and Celebrate the Movement!

September 26 - October 3



During this pandemic, the athletes of Special Olympics Rhode Island have had their world turned upside down. As more of their activities have been taken away from them, our athletes have come to rely upon their Special Olympics Rhode Island family to be there for them. Even through these challenging times, we promote their physical and emotional health virtually, and are carefully planning to return to play in mid-August with strict guidelines in place.

Special Olympics Rhode Island has developed a new and innovative way to stay fit, be socially responsible and will allow you to support our great athletes. **Celebrate the Movement** is a virtual fitness and fundraising challenge for the week of **September 26 through October 3, 2020**. You pick the activity and set your goal. For example, maybe you'll run a marathon distance in one week. Then ask everyone you know to support you through your fundraising page at www.charityfootprints.com/sori2020. It's easy and lots of fun to reach your goals!

Just can't commit to an activity?

- ◆ Tell your friends and family you are doing a **Zero K for Special Olympics Rhode Island**
- ◆ Get donations for your commitment to Zero distance.
- ◆ Take pictures or videos of your Zero K training routine from your couch!
- ◆ Form a team of socially distant **Zero K Heroes for Special Olympics Rhode Island**...have fun with the concept while making a difference in the lives of our athletes.

Thank you to our generous sponsors!

