

# Tips for your Virtual Run

## Stay Active



- Keep training for your race. Staying active is important to our mental and physical health. Have you seen some of the JDRF resources available for exercising? Check them out [here](#).
- We will feature our runners on our virtual event day. Send us a short 10-30 second video telling us Why you Run for JDRF and how excited you are for your virtual race day.
- Encourage others to join you virtually as you train and invite them to get active with you on Race Day!
- Start to map out and plan what your Virtual Race Day will look like. What route will you take, or what type of physical activity you will do!

## Tell your Story

- Take pictures and or videos while you are training and share on social media with #runwithAaron #TeamJDRF. Don't be afraid to link your page to your post so others can see your full story of why you signed up to run!
- Sharing your personal story can be the most powerful way to really connect with supporters. Be personal, be true to your style and be sure to add a link to your fundraising page at the end of your story.
- Let others know why you are still training. T1D doesn't stop and neither do you!
- Wear your Team JDRF performance t-shirt proudly as you tell others about why you run!
- Share the creative ways that your are engaging your spectators on social media with a link to your page.

## Get Creative

- Spectators—engage friends, family and neighbors in your Race Day to help cheer you on from a distance of course. Here are some creative ways they can help keep you motivated.
  - Share what your activity route or plan will be and can they mark each mile with sidewalk chalk for you and a special message?
  - Can they run with you from a distance or maybe have a relay and pass an imaginary baton?
  - Will they make signs and plan to be out there cheering you on from a distance or post around the neighborhood for you?
  - Create a fun starting line that will go along with our virtual opening ceremonies! Have them make noise to cheer you on as you head out to continue what you started when you signed up to run with Team JDRF!
  - Share your location with your spectator so they can put up a finish line banner or be there to cheer you on as you complete your goal!
- Add a countdown on your social channels leading up to your virtual Race Day! Instagram has a countdown feature you can use.

Send Photos, Videos and/or questions to: Maggie Ford at [mford@jdrf.org](mailto:mford@jdrf.org)