

SPIN4HEROES REMOTE PARTICIPANT PROGRAM FUNDRAISING EXAMPLES

It's easy to be a part of Spin4Heroes as a remote participant. Just set an activity goal (starting Feb. 8, completed by March 10) and a fundraising goal! Following are examples of remote participant profiles to inspire your personal Spin4Heroes campaign.



Wheelie Wilson is a cyclist and has set a goal of riding 400 miles between Feb. 8 and March 10, 2019. He's asking folks to give \$19 each toward his efforts. Why \$19? With each donor paying the \$0.99 transaction charge, the total donation comes to \$19.99. When 20 people donate \$19 each, Wheelie will have essentially raised \$400 — \$1 per mile he intends to ride. That total will quadruple the 2019 Spin4Heroes remote participant program fundraising minimum (\$100).

Starting on Feb. 8 and ending March 10, **Poolside Paulina** is going to take to the water. Her goal is to swim at least 500 meters every day and build up to swim 2.4 miles by March 10. She is asking family and friends to support her efforts with a \$10 donation. Her goal is to get 20 people to pledge \$10 to hit her fundraising goal of \$200.



Flighty Franz needed an incentive to help him live a healthier lifestyle, so he joined Spin4Heroes! Between Feb. 8 and March 10, Franz is setting a new habit: *always choose stairs*. His activity goal is to walk up at least 10 flights of stairs per day. His fundraising goal is to get 20 people to support him at \$20/each (\$400 total).

Outdoorsy Olivia loves trail running year round. This year, she decided to put all those miles to good use as a remote participant in Spin4Heroes. Olivia will run 100 miles on trails between Feb. 8 and March 10. Her fundraising goal is \$600. To reach that goal, she'll take to Instagram and Facebook to regularly post fun trail pics and updates on her progress to encourage friends and family to give!



Strider Steve decided that 2019 is going to be the year he really earns his "Strider" nickname. As a Spin4Heroes remote participant, he set a goal to take 190,000 steps between Feb. 8 and March 10, 2019. He's asking his coworkers, friends and family to pledge \$1/10,000 steps, for a total of \$19 per donor (plus a \$0.99 transaction fee). His fundraising goal: \$400.

Workout Wade is committing to 30 CrossFit classes in 30 days in an effort to raise \$900 and fight cancer. To him, it's personal. His son's best friend was recently diagnosed with lymphoma and just started treatments. He's asking 30 of his friends and family members to donate \$1 for each class or \$30 to help him reach his \$900 goal!



Yogi Yolanda is missing her sense of balance. Work's busy, she hasn't made time for philanthropy, and she's been skipping her regular yoga practice. It's time to get her "OM" back. Yolanda's activity goal is to dedicate 30 hours to yoga by March 10, with a fundraising goal of \$300. More important, she's asking fellow yogis to practice daily for 30 days and join her as a Spin4Heroes remote participant!

Now it's your turn! Visit <https://beheroic.heroesfoundation.org/2019Remote> to become a Spin4Heroes Remote Participant!