HOW A VIRTUAL WALK WORKS

1 **Sign up for the walk online**

Registration is live at www.TheCompass.ca/WALK

- Go to www.thecompass.ca/walk, and click the link to sign up.
- Tell us your shirt size and your address so we send you your Walk Kit (as part of event registration).

2 **Start fundraising**

Immediately after signing up.

- For online fundraising, post your link (or your team's link) on your social media. Tell your friends about your Walk and your fundraising goal.
- For traditional fundraising, do what you do best.
- There is a downloadable pledge form on www.thecompass.ca/walk
- All funds will need to be e-transferred to treasurer@thecompass.ca or a cheque delivered to The Compass.

3 **Receive your Kit**

You will receive your kit by the end of August.

- What's in a kit? Your Compass T-shirt, your race day mask, a snack (Clif bar), a race day bib, etc.
- You should let the package sit for a few days before you open it. Make sure you wash your shirt before wearing it on race day to be extra safe!

4 **Walk the Walk**

From September 13th to September 19th, 2020.

- On any day during the Walk week you can walk your favourite trails, run if you like. You can decide to walk around your neighbourhood or in your backyard. You can also walk around your living room or jog on the spot!
- If you would like, you may track your distance using a free app! (Not mandatory)

5 **Prove to everyone that you did it!**

The Compass thanks you. #walkthewalk2020

- The most important part, take photos of your walk and your walk team.
- Post photos on social media with the hashtag #walkthewalk2020.
- Every year we take lots of photos of people walking the walk - this year you will need to take the photos for us. We still want to see you walk.There will be photo contests! We will be giving out prizes for the best photos...details to come later.

Contact Walk@TheCompass.ca if you have any questions and for information on event sponsorship/volunteering.