



STRIDE VIRTUAL WALK

OVERVIEW

The 'virtual' Stride is a great alternative to a traditional walk, even for groups who are taking on Stride for the first time. It's an idea inspired by both the Quinte Grannies for Africa and Blooms for Africa. Here's how it works for them:

Grandmothers register, buy (or borrow from their local libraries!) pedometers, get pledges, and walk over a designated period of time to reach their 'destination'. Many aspects of the virtual walk work the same as a traditional walk. You can still register team members, sign up for online fundraising pages, and collect pledges. The difference is that instead of planning one day for a walk, team members walk over several weeks and use pedometers to record their steps or distance. That means you can walk wherever you want and whenever you want. For example, why not challenge yourself or your group to 'walk' to one (or more!) of the community-based organizations the SLF partners with in Africa?

MATERIALS

We have available the following materials to make your virtual walk as simple as possible:

- A map of the distance between the countries where SLF partner organizations are located and a map of the distance between the provinces and territories where Canadian grandmothers groups are located.
 - Choose the map you want to use and walk the whole route if you are feeling ambitious, or choose one or two locations
- A log book to count your steps individually and then come together as a group to track your progress

Of course, feel free to use the many other materials that we have in place for traditional walks: the registration and pledge forms, the online fundraising pages (www.stridetoturnthetide.com), this handbook, and more! To see the available materials online, please visit <http://grandmotherscampaign.org/events/national-events/stride-to-turn-the-tide/>

FUNDRAISING

Be sure to let your friends and family members know that you have set yourself a challenge to walk a certain distance. They can help you reach your fundraising goal by donating to your online fundraising page or sending a donation to you (or directly to the SLF including your name and the name of your Stride walk).



STRIDE TO TURN THE TIDE
For assistance, please contact us
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