VIRTUAL RIDE IDEAS

You can create your own adventure to raise funds in support of Robert F. Kennedy Children’s Action Corps’ programs! Bulleted items are just suggestions – modifications are welcome! “Choose Your Own Adventure” Activity Ideas include:

**Individuals**

- **Ride ____ miles on a regular or stationary bike** – on a particular day or over a period of time.
  - Ride 25 miles in one day
  - Ride 100 miles over 25 days

- **Walk/Run ____ miles – in one day or over a period of time.**
  - Walk/Run a 5K on September 21st.
  - Walk/Run 50 miles over 50 days (August 12th – September 30th)

- **Swim ____ miles/laps – in one day or over a period of time.**
  - Swim 1 mile on September 1st.
  - Swim 100 laps during the month of August.
  - Swim from ___________ to ___________ on August 15th.

- Fitness Challenge: Come up with Rodman 30 Challenge where you have to do 30 push-ups, chin-ups, burpees, dips, sit-ups, jump rope, etc.

- Spin: Attend a virtual spin class(es)

- Yoga, Zumba, or Bootcamp Classes: Pledge to take X classes or spend X hours on this activity

- Random Acts of Kindness: Commit X acts

- Basketball: Shoot X number of baskets

**Corporate or Other Groups**

- **Ride 25 miles any day**
  - Team members train together over the summer and each raises $500 in sponsorship from co-workers, friends, and family through the Ride website.

- **Ride ____ miles together at once or individually, accumulating miles toward a team goal.**
  - 10 Team members raise $500 apiece, train together, and ride a 15-mile scenic route – celebrating with ice cream at the end!
  - 12 Team members ride on their own, raise $5 per mile from co-workers and friends, and cover 500 miles over the month of August. Record miles on a chart in the office.

- **Walk/Run ____ miles – in one day or over a period of time.**
  - Walk/Run a 5K (3.2 miles) over lunchtime. Every walker/runner raises at least $200 to compete.
  - Walk 50 miles over 50 days (August – September). Walking teams can walk 2 miles together on 25 days at lunchtime or before or after work. Every participant contributes or raises at least $_____.

- **Climb ____ stairs/floors – in one day or over a period of time.**
  - All Team members work toward a $2,000 goal and climb the Bunker Hill Monument (294 steps) together on September 1st.
  - Team cumulatively climbs 500 floors over the month of September, raising $5 per floor.

The possibilities are endless! For help in creating a Virtual Ride that will work for you or your group, contact Dana: djussaume@rfkchildren.org.