



*Fighting Pediatric Cancer. Funding Hope.*

## **Virtual Run Checklist**

- Think about the kids you are HELPING!
- Get a good night's sleep
- Eat a good breakfast
- Drink a glass of water with breakfast
- Put on comfortable clothes for a run
- Print or make and personalize a race number and pin it to your shirt
- Lace up your sneakers
- Take your photo
- Stretch before and after your run
- Run with a parent or running buddy
- Make sure to stay hydrated during and after your run (drink water)
- Have a healthy snack after your run
- Remember all the kids you are helping
- Make plans to run next year!