

# Special Olympics Gaston County



October 21, 2020

Walking for Fitness!

Athlete Exercise and Fundraiser  
Opportunity





## WALKING FOR FITNESS!

### SPONSOR AN ATHLETE

Sponsor an athlete to walk today!

\$10 per mile.

November 1-30, 2020



A virtual celebration (join us on zoom) will occur on December 1st at 7:00pm!

Walking will occur during this time period. Walk at your favorite park or around your neighborhood. Join in with your buddies!

Money raised will fund new fitness classes and opportunities for athletes during this time.



**Join in today!**

Email [gaston@sonc.net](mailto:gaston@sonc.net) to learn how to sponsor an athlete, or start your own sponsorship sheet.



## Walking for Fitness

### Special Olympics Gaston County Fundraiser

### Sponsorship Form

## November 1-30, 2020

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- **Directions:** Ask your neighbors, friends, and family members to sponsor you during the month of November to stay active and healthy. All money raised will support Special Olympics Gaston County for our winter activities.
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- **\$10 per mile for every mile you walk, run, bike, etc.**
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- Athletes may walk, run, bike each mile at your own pace and in your own community. Just be sure to complete your exercise before November 30<sup>th</sup>.
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- Take pictures and post to our Special Olympics Gaston County facebook page. Complete your exercise log below for each mile you move.
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- Please turn in your activity log with the money raised to Ashley Anderson, local coordinator, at [gaston@sonc.net](mailto:gaston@sonc.net), by November 30<sup>th</sup>.



### Example Activity Log

\_\_\_\_\_’s Activity Log

