

DO WHAT MAKES YOUR SOUL SHINE

**Participate in a physical activity of your choice and raise funds to support SOUL RYEDERS!
Participate on your own or as a Team.**

The SOUL RYEDERS' Do What Makes Your SOUL Shine team is about you participating in physical fitness challenge of your choice while committing to raise funds for the SOUL RYEDERS' organization. Turn this challenge into a way to give back and support SOUL RYEDERS — not only will you be doing something to benefit your own health, you will create increased awareness of our organization and help us continue our mission of empowering those in our community affected by cancer.

1 Wait, what? I thought SOUL RYEDERS only had teams for the Making Strides Walk and the Westchester Triathlon.

ANSWER

Yes, you're right. We have had teams for both these and we continue to encourage participation in those events. We also realize that there are many other walks, runs and other events that interest our community and we are not a one-size-fits-all kind of organization. This gives you the chance to do something that inspires you while making a positive impact on your health — and we want to cheer you on as you support SOUL RYEDERS. **As a team member of our Do What Makes Your SOUL Shine team, you identify which event you would like to participate in. There are no distance or difficulty requirements. We can even help find an event that matches your personal goals.**

2 Big Question... How much do I have to raise?

ANSWER

SOUL RYEDERS has set a suggested fundraising minimum for our DWMYSS team members of \$250 for individuals and \$500 for family/teams participating together. We will not ask for any financial information from you. As a Do What Makes Your SOUL Shine team member, you will receive a branded t-shirt to wear during your event to show your support for SOUL RYEDERS!

3 How do I support SOUL RYEDERS?

ANSWER

Once you register with our Do What Makes Your SOUL Shine team, you will set up your own online fundraising page where you can share your personal story of why you are participating in this event and what has inspired you to support SOUL RYEDERS. We have created an easy-to-use template to personalize quickly and then send out to your own team of cheerleaders and fans - your friends, family members, neighbors and co-workers - who will be excited to support your incredible efforts!

4 OK, you've inspired me to try this...now what?!

ANSWER

Great! Visit our website at soulryeders.org and you can begin to set up yourself or your team today!

Questions? Contact us at soulfit@soulryeders.org and we will answer them all.



soulryeders.org soulfit@soulryeders.org