



St. Mary's Center
for Women and Children
Change comes from the Center

Virtual Ride Ideas

You can create your own fitness challenge to raise funds in support of St. Mary's Center for Women and Children's programs and services! Bulleted items are just suggestions – modifications are welcome!

INDIVIDUALS (Recommended minimum goal: \$500)

- **Ride ____ miles on a regular or stationary bike – on a 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 23rd.
 - 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.

CORPORATE OR OTHER GROUPS (Recommended minimum goal for group: \$2,000)

- **Ride the 25-mile Rodman Ride route on a different day (a Sunday morning, for example).**
 - Team members train together over the summer and each raise \$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 on Friday, September 22nd – 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 September. 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) on September 22nd at 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.

For help in creating a Virtual Ride that will work for you or your group, contact Rachel Spero, Development Assistant at rspero@stmaryscenterma.org or 617-436-8600 ext. 238.

