

WALK
FOR WISHES®

WISH
HERO 5K

Looking for a way to stay active while still practicing social distancing? Want new ideas to keep your family entertained and teach your children about the importance of helping others? Exciting news – this year's *Walk For Wishes®* and *Wish Hero 5K* is going 100% virtual and we need superheroes like you!

What: Make-A-Wish® Mid-Atlantic is converting our annual event to a virtual format with options for **EVERYONE**. In the weeks leading to the virtual event, use our Virtual Participation Guide to participate in fun activities for your family. Then join us on event day by sharing your home activities and tune in for live programming, featuring local wish kids, exercise classes and more!

Who: **EVERYONE** is eligible to participate! Wish children and their families, volunteers, friends of Make-A-Wish Mid-Atlantic, and all people of any age can participate and help make wishes come true for local children battling critical illnesses in our community.

Why: On average, Make-A-Wish Mid-Atlantic grants 375 wishes per year and 90% of these wishes involve air travel or large group settings. At this time, we estimate over 30 local wishes per month could be affected by COVID-19 related postponements. Community events like *Walk For Wishes* and the *Wish Hero 5K* play a critical role in raising funds to grant wishes. We are counting on your support so that once these circumstances have passed, we are able to quickly and efficiently grant the wishes that have been postponed and all the other wishes that are waiting.

How: The options are limitless and everyone can help grant wishes in their own way! [SIGN UP NOW!](#)

Family Philanthropy – Engage the whole family in understanding the Make-A-Wish mission and efforts to fundraise. Print our [fundraising thermometer](#) and track the dollars you are raising using your best addition and coloring skills! For more ideas, please see the Virtual Participation Guide.

Superhero Crafting and Games– Get ready for the big day and your virtual participation by partaking in superhero crafting using ideas like making your own cape or mask from our Virtual Participation Guide.

Inspire Your Community – Fundraise and recruit! Encourage your family members, friends, co-workers and neighbors to donate to your team or sign up as a virtual participant. Or make it a friendly competition! Check out the fundraising sheet of the Virtual Participation Guide for easy ideas and incentives!

Event Day Activities – Decide how you want to spend your Saturday morning by checking out the Virtual Participation Guide or using your superpowers by creating your own family-friendly activities!

Share With Us! - Your efforts will be inspiring for the Make-A-Wish team to see and share with other people in our community. Post all your projects and activities on your Facebook, Twitter and Instagram feeds and don't forget to tag us and use the hashtag #WalkRun4WishesDMV so we can share all the exciting and innovative ways you and your family are putting your superpowers to work!



VIRTUAL PARTICIPATION GUIDE

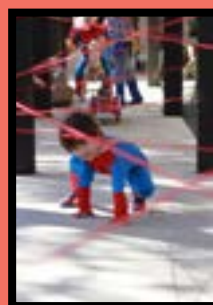
We have created this guide packed with superhero arts and crafts ideas, fun activities to do at home and fundraising ideas for you to use in the weeks leading up to the virtual event and the special day itself! Please click the links below to find easy instructions and printable pages for everyone.

GET YOUR SUPERPOWERS READY!

- ★ Grab your markers, ribbon and felt to [make your own superhero cape and eye mask](#)
- ★ Use those same arts and crafts supplies and a brown paper bag or popsicle sticks and make puppets! Create what you think you would look like as a superhero and host a [puppet show!](#)
- ★ Write a superhero story complete with drawings
- ★ Create and play superhero games [bingo](#), [puzzles](#), capture the flag, hide and go seek, etc.
- ★ Turn your superhero vision into a reality with [face paint!](#)
- ★ Complete [word searches](#), [coloring sheets](#) or [trivia](#) by using your strength, skills and superpowers

EVENT DAY ACTIVITIES!

- ★ Follow the [Make-A-Wish Mid-Atlantic virtual event](#) live feed to catch up with wish kids, participate in pop-up fitness classes online and more!
- ★ Take a walk or bike ride around the neighborhood or find a new route for you and your family to explore
- ★ Jump on your treadmill, bike or rowing machine and log some miles
- ★ Sleep in for wishes! Throw on your *Walk For Wishes* and *Wish Hero 5K* t-shirt and relax in bed or on a comfy couch
- ★ Host a superhero themed scavenger hunt or a [superhero training camp](#) for your family to complete
- ★ Can't forget treats! Make [Spider Man colored popsicles](#), whip up [Hulk green icing for cupcakes](#) or take the healthy route and create a [Captain America fruit bowl](#) to enjoy after your exercise
- ★ Become a community superhero by doing yardwork or helping with other chores around your house or neighborhood
- ★ Share what you are doing and don't forget to tag us using the hashtag #WalkRun4WishesDMV



For more information and to register, please visit walkforwishesdc.org. The registration fee includes an event T-shirt that will be mailed to your home prior to the event, along with a personalized web page to help with your fundraising efforts. The site also features some tools and tips to get you started on your outreach.

FUNDRAISING IDEAS!

Fundraising through community events like this one is always critical to our mission, but even more so now. Once the current circumstances have passed, the money this event raises will enable us to quickly and efficiently grant the wishes that have been postponed and all the other wishes that are waiting. Here are some ideas to help you to reach out to your closest friends and family, neighbors or even make new friends in your community and ask them to become superheroes for wishes and donate.

★ Email and social media!

Ask 10 people (friends, family, co-workers, etc.) each to donate \$25 to your fundraising page. Or you could ask 25 friends to make \$10 donations. Use your email or social media and provide the link to your page!

★ Draw a picture or write a note

Everyone loves to get mail! Get out your paper and drawing supplies and create a note or card and leave it in a neighbor's mail box asking them to donate.

Please ensure you wash your hands before you draw and deliver!

★ Paint a piggy bank

Then collect cash and leftover coins from family members at the end of the day.



FUNDRAISING INCENTIVE PROGRAM

Do you like free stuff? Our Incentive Program is perfect for you! In this program, individuals and teams can earn prizes as you raise the funds to grant wishes!

INDIVIDUAL PRIZES:

\$100+ SOCKS OR WAGS FOR WISHES BANDANA

Raise \$100 or more and receive socks or a *Wags for Wishes®* bandana.

\$250+ MAKE-A-WISH® POP-SOCKET

Raise \$250 or more and get a Make-A-Wish pop-socket.

\$500+ WALK FOR WISHES BRANDED HAT

Raise \$500 or more and rock a Make-A-Wish branded hat.

\$750+ BRANDED HAT + KOOZIE

Raise \$750 or more and show the world you helped make wishes come true with a branded hat and koozie combo!

TEAM PRIZES:

Teams who raise \$2,500+ will be entered to win the ultimate grand prize of a pizza party!* Ten pizzas will be delivered to any place of your choice within the DMV, whether it is your office to share with co-workers or to your house to share with your family.

*Sarah Bates will be in touch with the Team Captain to obtain his or her contact information, specific address and delivery instructions. The winner must also give Make-A-Wish Mid-Atlantic at least two week's notice from the preferred delivery date. The pizza party will be offered three months from the Virtual event.

HOW WILL IT WORK?

Registration will close Monday, April 6. Make-A-Wish Mid-Atlantic staff will review all fundraising totals to see what you've earned up to this date. Money donated after the deadline will not count towards incentive prizes.

For questions, please email Sarah Bates at sbates@midatlantic.wish.org