

GUIDE TO DOING A SUCCESSFUL VIRTUAL WALK

Thank you for taking part in this remarkable opportunity to raise awareness of neuroendocrine cancer and support the good work being done by the Neuroendocrine Cancer Awareness Network. You are changing the lives of NET cancer patients! This year's Strides for Stripes Virtual Zebra Walk begins on November 1 and continues through November 30, 2017. Supporters from all over the world will walk, run, swim, bike, or roll to support the neuroendocrine cancer patient community. The Virtual Walk to Fight Neuroendocrine Cancer can be completed as a virtual race, so you have the flexibility to participate wherever and whenever is most convenient for you! Do your thing anytime between November 1 and November 30, 2017 to help fund NCAN's programs in support of neuroendocrine cancer patients.

In a few weeks, you will receive a packet that includes an exclusive Strides for Stripes T-shirt, zebra bracelet and pedometer.

What to do now:

You have registered as an individual, created or joined a team, or decided to simply fundraise. If you want to adjust your status please let us know.

Individual: You can register as an individual and let your friends and family know and they can sponsor your efforts by making a donation to your fundraising page.

Team: Join an existing team or create your own and invite your friends and family to join or sponsor. The best thing about a virtual walk? Anyone can join your team whether they live next door or 2,000 miles away!

Fundraise: Don't want to walk but you still want to participate? No problem! Simply create a fundraising page and ask people to donate.

Maximize your fundraising impact!

Ask your friends and family to sponsor your walk. Ask them to donate per kilometer (make it a 5K walk) or to donate a flat amount for your effort. Please also keep in mind that there's no set amount for sponsorship, so your friends and family can sponsor you at any level that's practical for them. You can also choose to pay more than the registration fee as an extra donation!

Virtual Walk Ideas

Not sure where to start? Here are a few ideas.

Walk in a mall

Take a walking tour of your town

Make your grocery shopping or another shopping trip YOUR walk to fight neuroendocrine cancer

Belong to a gym? Walk a treadmill, and enlist other members to walk with you

Even if you can't walk, get people involved with a board game, bus trip, beanbag toss- you can be as creative as you want!

You may choose to walk around your community, in a local park, indoors at a mall or even on a treadmill at a gym! Your Virtual Walk is a reflection of you, and is as personal as your reasons for joining the fight against this deadly disease.

You Make Life Better for Neuroendocrine Cancer Patients

Whether you walk alone, with a friend, or form a team, you'll be keeping important programs like these available to neuroendocrine cancer patients:

Patient Hotline | Patient Conferences | Information Packets | Support Group Assistance | Funding Research
Awareness Items | Information Regarding Diagnosis and Treatment on our Website & Social Media

Happy Walking!