



LUNG FORCE NYC Virtual Walk 101 Guide

Saturday, July 18, 2020 | 9:30 a.m. - 12:00 p.m.

What is a Virtual Walk? The LUNG FORCE NYC Virtual Walk is a way to raise awareness and critical funds to help defeat COVID-19, lung cancer, COPD and other lung diseases, while practicing social distancing. Join us from the comfort of your home for a morning of fun and educational activities. We will end with a one-mile walk!

Schedule of Events

Opening Ceremony: Join us on Facebook Live as we kickoff the day with remarks from a LUNG FORCE Hero	9:30 a.m.
Complete the Action Passport:	9:45 a.m. - 11:00 a.m.
<ul style="list-style-type: none"> <i>Breathe Deeper:</i> Test your knowledge by playing Lung Health Trivia. 	
<ul style="list-style-type: none"> <i>Raise Your Voice:</i> Share why you're walking via a Facebook status. 	
<ul style="list-style-type: none"> <i>Build Our Force:</i> Participate in our Turquoise Takeover of social media. 	
<ul style="list-style-type: none"> <i>Take a Stand:</i> Sign up to become a Lung Association Policy Advocate. 	
<ul style="list-style-type: none"> <i>Break a Sweat:</i> Warm up with a live yoga class! 	10:30 a.m. - 11:00 a.m.
Walk Begins	11:00 a.m. - 12:00 p.m.
Awards Email Announcement!	2:00 p.m.

Where is the LUNG FORCE Virtual Walk? Wherever you are! Join the [LUNG FORCE Walk NYC Facebook group](#) where we will be hosting day-of activities and walk on your treadmill or in your neighborhood (if allowed by local regulations).

How far should I walk? Choose a one-mile route or walk as far as suits you!

How do I register? To receive information about Walk day and be eligible to win prizes, make sure to:

1. Register as a "Virtual Walker" at www.LUNGFORCE.org/nyc
2. Join the official [LUNG FORCE Walk NYC Facebook group](#)

I'm registered for the Walk, what do I do now? You can start by making a self-donation of \$33 or more through your fundraising page. Ask people to join your team by sending your Personal Fundraising Page link. Contact us at NYCWalk@Lung.org or 917-210-5649 if you need help.

Should I still be fundraising? Absolutely! We need your support now, more than ever to *save lives*. Everyday we are losing people to respiratory disease. Funds raised will help support our NEW [\\$25 million COVID-19 Action Initiative](#) and **double** our research investments by 2025 to accelerate groundbreaking new treatments for patients with lung cancer, COPD, chronic asthma and other respiratory diseases. [Learn how to receive recognition throughout the event season by joining an elite club of fundraisers.](#)

How do I show that I'm participating? Dress your social profiles up with our photo frame and cover photo we will share with you. Next, post your Walk photos and videos in the [Facebook Group](#) and share with your friends and family via #LUNGFORCEWalkNYC on Facebook and Instagram. Follow us on those channels @ALANortheast. Share why you're walking on Facebook or record your story to play on WJMS radio during the Walk.

Should I still wear turquoise? Yes! Break out your turquoise best and snap a photo to enter our costume contest.

Do I still get a t-shirt and other incentives? Yes! Registered participants that raise over \$100 will receive a 2020 LUNG FORCE Walk t-shirt. Go above and beyond to raise \$150 or more to earn additional LUNG FORCE gear. [Learn more about our fundraising incentives.](#)