



IS YOUR TEAM UP TO THE CHALLENGE?

**CORPORATE
CHALLENGE**

February 2019



How Our Corporate Challenge Benefits Your Team

1. Engages your team in physical activity and healthy habits

Decreasing healthcare costs, increasing productivity and reducing absenteeism

2. Is simple to participate for your team

3. Supports team building

Reinforces your team's core values, helps build community within your organization and with your local broader community

4. Provides recognition and friendly competition

For both your team and individuals through leader boards, prizes, shout-outs and awards

5. It is a fun, easy to use program

Allows your team to choose the physical activities they enjoy, at a time and place that's convenient for them, removing the excuses of "I can't do that, "I am not good at that" or "I don't have time"

To get started now, email your company name to: cbryant@gallantfew.org



How Our Corporate Challenge Benefits Your Team

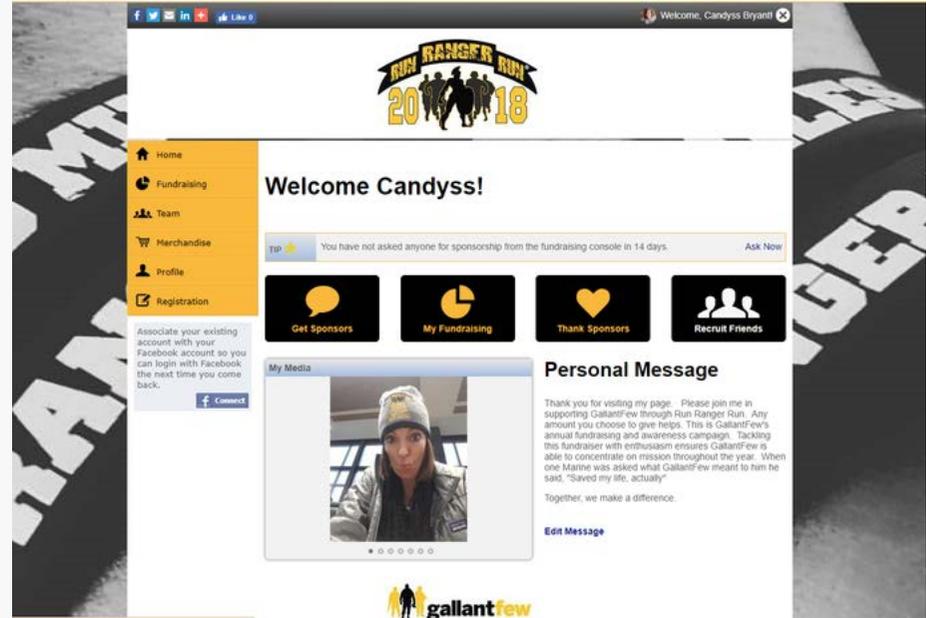
Each of your team members will register at www.runrangerrun.com, attaching themselves to your Run Ranger Run team(s) and company.

Each participant gets a personal profile. Using any device (phone, tablet, laptop, desktop) employees can log their physical activity and track their personal stats and goals.

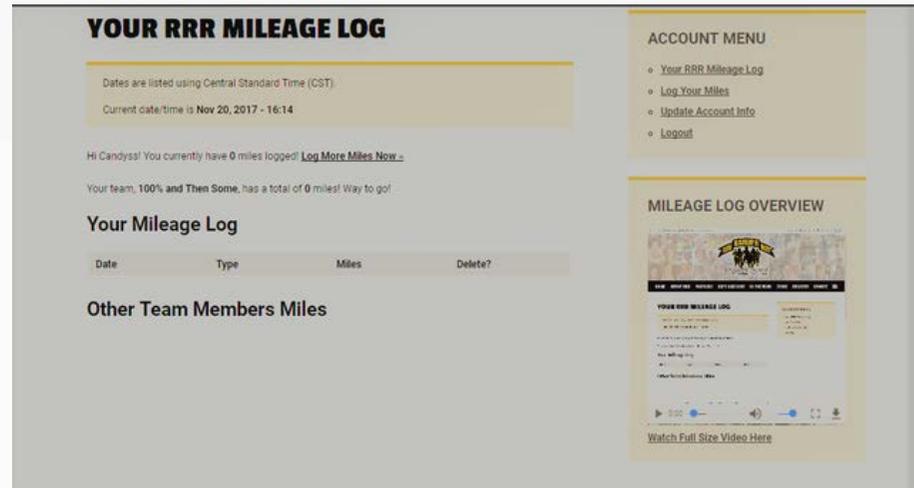
Logging miles is easy by entering miles and selecting an activity from the pulldown.

Each individual's stats are added to their company's stats, and the Run Ranger Run mileage ticker on the website homepage as we work toward our committed miles together in February. Fun, health focused prizes are awarded as the community reaches milestones along the way.

Leader boards and badges promote competition and recognition as well as motivate employees to continue pushing for more miles throughout February and the year.



Sample profile page



Sample mileage log page

GET STARTED - SIGN YOUR TEAM UP



To get your corporate team signed up today, just email us at cbryant@gallantfew.org with:

- 1. The name of your organization/company
- 2. The city and state of your company headquarters
- 3. The name and email address of your company's contact person for this initiative (wellness lead, HR, etc.)

We will get you set up and even send you an email that you can cut and paste to your employees that tells your tea how to register and log miles throughout February. It's really as easy as that.

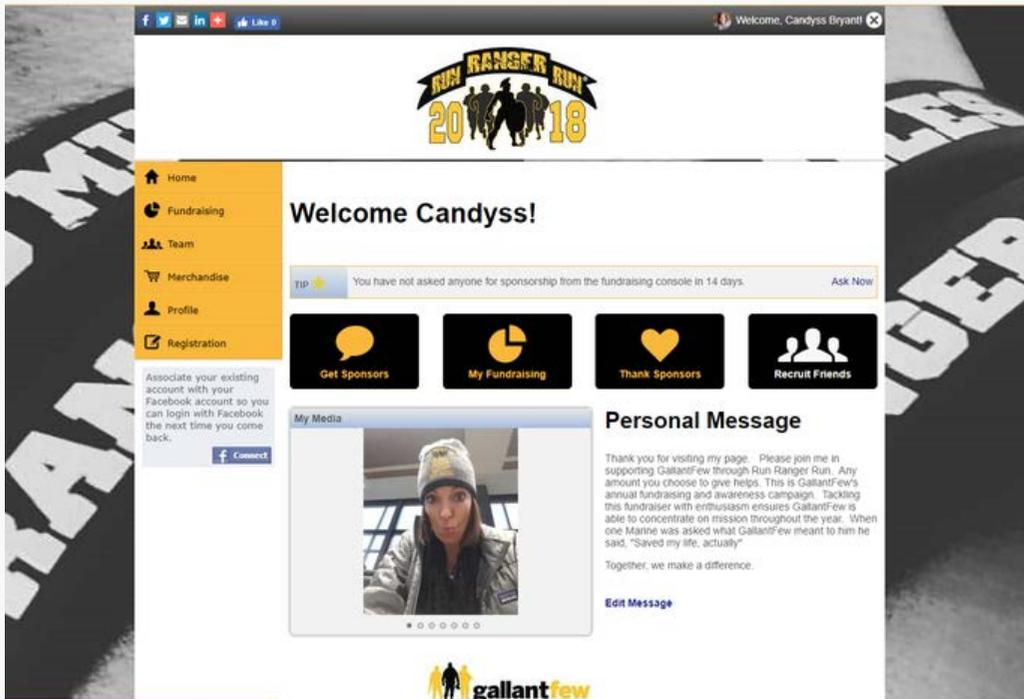


Renewal by Andersen - Philly

RUN RANGER RUN

2019

OUR MILES CHANGE LIVES



BONUS: TOP 4 TIPS FOR INVOLVING YOUR CORPORATE TEAM MEMBERS

- **Obtain support and participation from senior management**, preferably the CEO/President or other senior leader
- **Establish a champion**, such as the wellness/fitness coordinator, as the central point person to communicate with Run Ranger Run staff and your organization.
- **Develop on-going events at your organization**, such as group walks at lunch on Wednesdays, walking meetings, Take the stairs not the elevator days.
- **Provide incentives and recognition**, beyond those already provided by Run Ranger Run (RRR), such as:

- Matching donated funds

- Internal recognition through company communication channels

- PTO/Vacation/Happy hours for accomplishing certain levels



IMPLEMENTATION CHECKLIST

GallantFew's Run Ranger Run Corporate Challenge is designed to remove (not add) work to your wellness leader's plate. Run Ranger Run Corporate Challenge is structured so that it requires very little time from your wellness leader; so that your organization can get off and running in a matter of minutes.

Here is how to implement Run Ranger Run Corporate within your organization now:

- **Sign up your corporate team as an official participating organization:** To officially sign your company up, email cbryant@gallantfew.org with your "organization name". Easy as that. There is no fee for your company! We get you all set up from there.
- **Send a HOW TO REGISTER email to your team members:** Edit the sample emails, they include explicit instructions so employees can quickly sign-up on their own and are attached to your organization. Just copy, paste and include YOUR organization's name, edit to match your voice and click send.
- **Promote participation before and during February:**
 - Find posters, logos, flyers and more ready and available to print or use at www.runrangerrun.com
 - Find sample emails and social media posts in this packet.
 - Find a 6 week sample implementation calendar in this packet.
- Kick things off big on February 1, or hold a rally before the start: Run Ranger Run Corporate Challenge kicks off on February 1 and goes until February 28. Plan something fun to get team members excited on day one. Perhaps a collective first day mile goal. Be sure to remind them to log miles daily in their logging chart.
- **Public Leaderboards:** Encourage your team members to continue to log miles daily throughout the month of February and watch your company climb the leaderboard.
- **Your Organizations Leaderboard Page:** Check in on your company's organization page periodically to see your company's progress. This page is private to your employees.



Implementation Calendar

Start getting your corporate team members excited about participation in the Run Ranger Run Corporate Challenge by following this simple implementation calendar

Today



- Explain to your team what Run Ranger Run Corporate Challenge is, and why you think it is important they participate
- Share information on how they can register (We are happy to create custom graphics for you).
- Let them know what your goals are for individuals, their families or your company as a whole.
- Encourage all of your employees to follow the Run Ranger Run social media pages. That is where we will announce winners of prizes, provide updated information and have fun social media engagement opportunities.

Make this month fun! Be a cheerleader along the way and share tips on why exercise is so important. Make funny videos. You can always share health tips with us and we will publish in social media outlets with your employees.

Week of January 1



- Remind your team how and where to register
- Let everyone know what your goals are for individuals and company
- Encourage all your staff to follow Run Ranger Run social media
- Begin sharing Run Ranger Run social media updates on your social media networks

Week of January 7



- Remind your team how and where to register
- Let everyone know what your goals are for individuals and company
- Encourage all your staff to follow Run Ranger Run social media
- Begin sharing Run Ranger Run social media updates on your social media networks

Week of January 21



- Start a two week count down until the start of Run Ranger Run. Share your countdown on social media, newsletters, emails, etc.
- Remind your team how and where to register
- Let everyone know what your goals are for individuals and company
- Encourage all your staff to follow Run Ranger Run social media
- Begin sharing Run Ranger Run social media updates on your social media networks



Implementation Calendar

Start getting your corporate team members excited about participation in the Run Ranger Run Corporate Challenge by following this simple implementation calendar

Week of January 30



- Remind team that Run Ranger Run starts TOMORROW!
- Remind your team how and where to register
- Let everyone know what your goals are for individuals and company
- Encourage all your staff to follow Run Ranger Run social media
- Begin sharing Run Ranger Run social media updates on your social media networks

February 1



- Remind everyone that today is the launch of Run Ranger Run. A great way to get everyone moving is by creating a kick off event at your office. We suggest a mile walk with a representative from your organization reminding everyone of the group's goals. Kind of like a pep rally for adults. Now is the time to get everyone pumped up.
- Remind your team that they can register and start participating in Run Ranger Run at any point during the month of February.
- Encourage all your team to follow Run Ranger Run social media
- Continue sharing Run Ranger Run social media updates on your social media networks. Keep a special eye out for any updates on the Run Ranger Run pages that give a promotional plug to your company and/or your participation in Run Ranger Run

March 1



- Congratulate your company on participation in Run Ranger Run. Share everything that they achieved as a group, as well as what the Run Ranger Run community achieved as a whole.
- Encourage your staff to continue their activity.

Note Worthy Dates:

- January 26 - Kick off activities
- February 1 - Run Ranger Run Start
- February 28th - Final Day of Run Ranger Run Corporate Challenge
- March 1 - Celebration and Recognition



SAMPLE FACEBOOK MESSAGES AND STATUS UPDATES

565 Miles - 28 Days - 1 Mission. GallantFew's mission is to facilitate a peaceful, successful transition from military service to a civilian life filled with hope and purpose. To learn more about this nonprofit and this worldwide event, check out www.runrangerrun.com

February 1st is the start of Run Ranger Run! Join us in acquiring 565 miles (or 56 miles per person) throughout the entire month. We are running for a purpose and that purpose is to assist our nation's warfighters transition successfully. To learn more and sign up, visit www.runrangerrun.com

We are thrilled to support a mission that we believe in and encourage you to run for a purpose! Start your year out right, by giving back to GallantFew and ultimately giving back to yourself. All for one cause...to help our Veterans transition out of the military. To learn more and sign up, visit www.runrangerrun.com

Helping others is exactly what we are all about! We want you to get involved in this annual virtual-worldwide fundraiser. All for one cause...to help our Veterans transition out of the military. To learn more and sign up, visit www.runrangerrun.com

SAMPLE TWEETS

Join hundreds of others around the world participating in Run Ranger Run! To learn more and sign up, visit www.runrangerrun.com

565 Miles - 28 Days - 1 Mission. To learn more about this mission and this worldwide event, check out www.runrangerrun.com

Start your year out right. Give back to yourself and give back to charity. Learn more about this mission www.runrangerrun.com

Start your year out by giving back to GallantFew and giving back to yourself. To learn more about this mission, Go to www.runrangerrun.com

Want to help our Veterans transition out of the military successfully? Check out this annual fundraiser at www.runrangerrun.com.



Social Media Tips

Include photos and videos in your social media updates to help capture your audience's attention

Facebook



- The Run Ranger Run Facebook page is:
- Use Hashtag #runrangerrun whenever posting an update about Run Ranger Run
- You can use websites like ow.ly or bitly.com to shorten links for social media
- When mentioning Run Ranger Run in any Facebook poast, make sure to tag us by typing @RunRangerRun
- Take part in the Run Ranger Run online community by
 - Liking our Facebook page
 - Liking any photo or post on our Facebook page
 - Comment on a post or photo
 - Post an update on our wall
 - Participate in any of the fun engaging social media "tasks" we give our Run Ranger Run community. Pay attention, because their might be some prizes on the line.

Twitter



- The official Run Ranger Run Twitter account is: or @RunRgrRun
- Use Hashtag #runrangerrun whenever tweeting about Run Ranger Run
- You can use websites like ow.ly or bitly.com to shorten links for social media
- When mentioning Run Ranger Run in any tweet, tag us by typing @RunRgrRun
- Take part in the Run Ranger Run online community by
 - Following our Twitter page
 - Favorite or Re-Tweet any photo or post we tweet
 - Tweet a photo or update on your Run Ranger Run progress

Instagram



- The Run Ranger Run Instagram page is:
- Use Hashtag #runrangerrun whenever posting a photo about Run Ranger Run
- You can use websites like ow.ly or bitly.com to shorten links for social media
- Tag Run Ranger Run in any photo by typing @RunRangerRun
- Take part in the Run Ranger Run online community by
 - Following our Instagram page
 - Like or comment on any photo we post
 - Post a photo on your Run Ranger Run progress
 - Participate in any of the fun engaging social media "tasks" we give our Run Ranger Run community.
 - Pay attention, because their might be some prizes on the line.