



Virtual Race Guide

Team



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Get to Know SHAPE America





October 22 - December 31, 2018

GET TO KNOW SHAPE AMERICA



Who We Are

SHAPE America — Society of Health and Physical Educators is a 501(c)(3) nonprofit association and the nation's largest membership organization of health and physical education professionals.

Our vision is to have a nation where all children are prepared to lead healthy, physically active lives — and our programs and resources support the teachers who are making a difference every day.

Through our advocacy efforts, we laid the groundwork for the inclusion and elevation of health and physical education in the *Every Student Succeeds Act* (ESSA). And now, we continue the fight for increased funding for these critical K-12 programs.

Why We Need Your Help

Physical inactivity is a worldwide pandemic, shortening lifespans and leading to chronic illness. Today's youth also suffer from unprecedented levels of stress, bullying and societal pressures.



For children from disadvantaged areas, these issues are compounded by health disparities and inequities which negatively impact their ability to learn and thrive.

To move the needle on this issue, we need to help children build healthy habits and a love for physical activity at a young age — through effective health and physical education programs. Fostering active environments and lessening health disparities and inequities for all children is a Big Feat — but it can be done with your help.

Join in the movement to support student health and wellness and benefit our nation's most vulnerable children.



October 22 - December 31, 2018

Where Your Donations Go

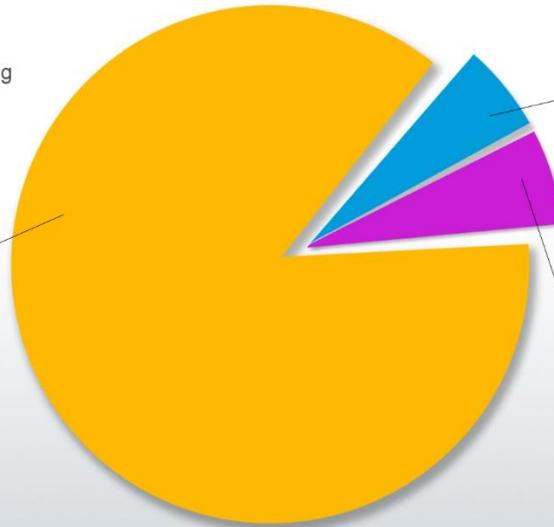
80% of all funds raised from the Big Feats Virtual Race will benefit high-need schools by providing essential funds for the equipment, training and safe spaces that can prepare all children for a lifetime of health and physical activity.

By participating in SHAPE America's virtual race, you are supporting health and physical education programs at the *local, state and national levels*.

80% of funds

raised from the Big Feats Virtual Race will benefit high-need schools by providing essential funds for the equipment, training and safe spaces that can prepare all children for a lifetime of health and physical activity.

America Impact Schools Grant Program



10% of funds

raised in each state will go back to support SHAPE America state affiliates and grassroots efforts for health and physical education.

SHAPE America Advocacy Efforts

10% of funds

raised will go back to SHAPE America. As a nonprofit 501c3 organization, SHAPE America relies on donations, member and organizational support to provide the programs and resources that support health and physical educators at every level.

Impact Schools

Thank you for your commitment

Getting Started





Making moves

for the good of our nation's youth.

How to Do a Virtual Race

A virtual race can be run, walked or rolled anytime and anywhere. Prefer to swim or bike some miles? That's perfect! How you move is totally up to you. You decide when, where and how you complete the race and then do it. It's THAT simple.



REGISTER

Ready to make an impact? Sign up today by clicking the "[Join the Movement](#)" button!



MOVE!

MOVE in any way that works for you! Set a movement goal and/or distance goal you are comfortable with.



SHARE

Share your movement journey on social media using [#BigFeats](#) to get support and donations from friends and family.

1

Register and mark your calendar for the date(s) you'll commit to movement goals, between October 22 and December 31st.



- It could be part of your training/workout plan.
- It could be on a specific day like Veteran's Day or Thanksgiving.
- You can make it more manageable and commit to your movement goals, once, twice or three times a week.

2

Move in any way that works for you! Set a movement goal and/or distance goal you are comfortable with.



- **EXAMPLE:** "I will run, walk or wheel myself a distance of 5K on Giving Tuesday."
- **EXAMPLE:** "I will do X activity 3x/week from October 22nd-December 31st."

Examples of activities other than running or walking: Using an ergometer, arm movements or maintaining an isometric position (holding an object for an increased amount of time).

3

Share your movement journey on social media using [#BigFeats](#) to get support and donations from friends and family.



- **SWAG TIP:** Share your hard-earned medal via social media on Instagram Medal Monday and proudly display that medal in your home or office.



October 22 - December 31, 2018

GETTING STARTED

Take It to the Next Level!

Interested in leveling up? We have a couple of challenges for you! Share your race results on social media via Fitbit, Strava, Nike+ or a fitness app of your choice and join our competition!

MOVING & IMPROVING



A challenge for **everybody**

Share your goals! Post your goal and start date
Share your progress (timing is up to you!).
Finish by posting a video tagging @SHAPE_America
on Twitter, using **#movingandimproving**

MOVE WITH MORRIS



Run like a **CEO**

SHAPE America's CEO Stephanie Morris is challenging YOU to beat her 5K race time. Follow along with her progress on Twitter using **#movewithmorris**

TOP TIMES



Race to the finish

Top 3 - 5K Running Times
Top 3 - 5K Wheelchair Propulsion Times
Are competitive races your thing? Post your 5k race time from your fitness app on social media and tag SHAPE America using the hashtag **#bigfeatstoptime**



National Partner





October 22 - December 31, 2018

GETTING STARTED



Level Up Challenge Details

To participate in the Move with Morris and the Top Times challenges, please use your fitness tracker to track your 5K results (3.1 miles)

Screenshot/share your results and send them to [@SHAPE_America](https://twitter.com/SHAPE_America) on Twitter or post them with the correlating hashtag.

You can submit multiple times — ***we encourage it!*** Race time will be counted if it is submitted by 11:59 PM ET on December 31st. We will periodically post the top times to keep everyone informed.

And of course, we have awesome prizes for top fundraisers, too!



Be on the lookout for specific Big Feats groups on your fitness apps.



National Partner
GOPHER

Making Your Impact



Easy Steps for Fundraising

When you registered for the Big Feats Virtual Race, you received a personal fundraising webpage. Here are 4 ways to make the biggest impact:

1

Personalize your webpage

Use your personal fundraising page to tell your story. Remember, when people know why you are fundraising, they are much more likely to support you! [Learn how to set up your page here!](#)

2

Set a target

Aim high with your personal target — it can motivate you and your donors. Don't forget about the incentives available for reaching certain benchmarks with your fundraising! Prizes and awards are available for the top fundraising individuals and teams!



Medal



Virtual Goody Bag



Digital Race Bib



Socks

Making Your Impact



Easy Steps for Fundraising

3

Share!

Use social media or email to contact friends, family, colleagues and more. Share your goals and inspiration:

- Go to the “Personal Page” or “Team Page.”
- Click “View Personal Page” or “View Team Page.”
- On your personal or team page, find the “Share” link toward the bottom of the page and click on the Facebook/Twitter icon.
- Post one of our sample messages to your profile and remember to update your post regularly.



Be sure to mention why you're participating and why it's so important for people to donate. Facebook or Twitter are great way to thank your donors publicly by mentioning them in your status updates, which puts out another subtle request for donations at the same time. Everyone will want to become a part of what you're all doing together!

4

Thank your donors!

Just like asking for donations is an important first step to fundraising, thanking your donors is even more important. Every donation should be acknowledged immediately with an email, social media call out and/or a handwritten thank-you note. You can also thank your donors directly from your fundraising page!

Amplify

Social Media Guide and Outreach

Social media is a key component because it allows you to share with your friends and family for free! Social media can make or break your fundraising goals. Here are some tips, tricks and examples to make your race the best it can be on social media!

First, some ground rules:

- Tag SHAPE America in your posts for maximum visibility.
- Remember to use hashtag #BigFeats to ensure you are a part of the community and get support.
- Do not make every post an ask; share a personal story, anecdote, and content from the heart when sharing your race details.



Facebook

- Share your personal fundraising page with a prominent donation link.
- Relate to others by letting them know why you are fundraising for SHAPE America.
- Share your story! Are you an HPE teacher or professor? Let the world know what your #BigFeats look like.
- Thank donors by giving them a shout out.
- Create a Facebook event and invite people to attend. Even if only you are running the race, it is important to share information with your community.

Sample Facebook Posts

“Hey family and friends! Please join me in #BigFeats by supporting me in my fundraiser for SHAPE America. Funds will go to help high-need schools across the U.S. to build effective health and physical education programs and healthier school environments. To donate, please visit my personal page: (www.url.com). Any amount helps! Thank you!”



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GETTING STARTED

Sample Facebook Posts

“Ready to make your moves matter? Join my #BigFeats team and help support me fundraising for SHAPE America. 80% of the funds will go to help high-need schools across the U.S. to build effective health and physical education programs and healthier school environments. To donate, please visit my personal page: (www.url.com). Any amount helps! Thank you!”



Twitter

- Introduce your fundraiser to your followers using the hashtag #BigFeats.
- Share a link to your personal fundraising page or your Facebook event, where they can learn more about your event.
- Tweet or vlog before, during and after your fundraiser. Let your supporters know how your planning is going, how far away you are from your goal, and recap after! Always keep your followers informed!
- Remember, include [@SHAPE_America](#) and hashtag #BigFeats in your tweets so we can see all your updates and share with our followers!

Sample Tweets

“I’ve got my active shoes on! Help me as I race my way toward funding effective HPE programs & healthier school environments 4 high-need schools across the nation. Every little bit counts & brings us a step closer to #Big Feats! (URL)”

“Family and friends: check out my donation page for @SHAPE_America (URL) #BigFeats!”

“We are halfway to our goal! Please share and keep the donations going! Visit (URL) to give and support @SHAPE_America to fulfill their vision of a nation where all children are prepared to lead healthy, physically active lives.”

“Thank you to @TWITTERHANDLE for your donation toward my fundraiser for @SHAPE_America. Every little bit counts! # BigFeats Donate at: (URL)”

Team Leader Sample Tweet

“Family and friends: check out my donation page for my teams’
@SHAPE_America fundraiser: (URL) #BigFeats!”



Instagram

- Take photos or video of your journey through the virtual race!
- Capture the memories you create as you carry out your fundraiser! We love to see all the fun and unique ways you are raising awareness. *Remember, it is all about the journey, not the destination.* 😊
- Feel free to include a link to your fundraising page or event information in your bio so you can link it.
- Tag us so we can join in on the fun. Tag us on Instagram [@shapeamerica](https://www.instagram.com/shapeamerica).



Email

Email is a great tool to use throughout the fundraising process. You can reach multiple people quickly and effectively. Your emails should convey why you are fundraising, what you are doing to fundraise, how to donate, and of course — your goal!

You should also put your virtual race information in your email signature to promote to everyone in your network. We will provide some sample emails for you on your fundraising page, but you should take the time to personalize your message!

Team Wellness Resources





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Team Captain Tips

Your role is to **lead, motivate, inspire** and **thank** your team.

Set up your Team Page online and create a **team story** and unique name.

Thank all team members for signing up for the race. **Need inspiration?** We have provided templated cards on your Fundraiser Dashboard to help create personalized messages to send to your team members.

Recruit team members from your family, friends and coworkers.

Be sure to help **coach and guide** your team members to register. They can share their own personal story and picture to generate support.

Be sure to set a **team goal** as well as individual team member goals. You can increase your goal at any time if you have reached your goal. Set the bar high and spark some friendly competition within your team!

Remember that the race can be completed by walking, running, biking, swimming, wheelchair propulsion, and ergometer... **it is up to the individual participant!** They don't even have to complete their race all in one day! The race is perfect for anyone at any fitness level.

Share goal tips (outlined below) with team members by email and help team members choose their **goals**. *Remember, team members should check with their physician prior to entering.*

Share your team success on social media using **#BigFeats**.

Build spirit and enthusiasm. Schedule a meet up if you are in the same area and train together. Not in the same area? Digital check ins are great ways to stay in touch. For example, you might send out weekly e-mails to team member.

As members get close to completing their race, email your team with **inspirational quotes**, stories and videos.

Dress with pride. In addition to your official t-shirt, your team may want to wear fun costumes, company t-shirts, hats or buttons to make your team stand out and post on social media!

Employee Wellness

SHAPE America knows that employee wellness, whether in a [school-based](#) or an office setting, is vital for creating a vibrant school or company culture where making healthy choices comes easy and is the norm. Effective employee wellness programs infuse well-being into every aspect of the where you work, including the culture, the environment and the individual wellness opportunities available for faculty and staff. The Big Feats Virtual Race is the perfect opportunity to get your staff active, check out the tips below for keeping your staff engaged and motivated!



- **Be inclusive** – Put together activities that work for everyone.
- **Get creative** – Sign up for or create fun local scavenger hunts in the community.
- **Step it up** – Implement a take the stairs challenge!
- **Instill a little team competition!** Divide up into teams by departments
- **Start a walking group** – Choose 15 minutes a day before, during or after work to take a short walk together.
- **Walk it out** – Have a meeting with a coworker? Make it a walking meeting!
- Post maps for outdoor walking routes or trails on your team's fundraising page.
- **Support each other** – Connect with each other using fitness apps like Fitbit or Strava, there you'll be able to cheer each other on!
- **Are you a HPE teacher?** Harness your power! Invite other teachers and administration in your building to attend your class and do a quick activity with the kids!
- **Celebrate together** – Once your fundraiser has ended, make sure you give yourself and your teammates the credit you deserve! Figure out your target heart rate and exercise as a group with everyone maintaining their personal target heart rate zone during a one-hour work out.



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Starting your Personal MOVEment

Just as with any type of race, it is important to do some training before your virtual race. Here are some things you can do to make the most of your virtual race experience.

Create a Goal for Yourself

When you begin training for your race, begin with a goal in mind. Perhaps you want to complete an entire race without stopping. Maybe you want to achieve your personal best, or maybe it is something that is completely unique for you. Goals can give you the motivation you need throughout your training. If you accomplish your goal during the race, it will mean so much more.

Make a Training Plan

Before you begin training, create a training plan. Decide which days you will train and figure out how long you will train on each of these days. This will help you stay focused on your goals and will give you a schedule that you will want to stick to.

Find a Place Where You Love to MOVE

Your environment can make a huge difference on your training and your mindset during the race. One of the benefits of doing a virtual race is that you can participate wherever you want, whether that's swimming in an indoor pool, walking around the mall, or wheeling yourself through the neighborhood. Find that place that makes you feel great when you are moving so you can have a wonderful time during your training and during your race.

Have a BLAST

The most important part of any virtual race is to have a great time. You can have a fun time while you are training too! Training for your race not only helps you be prepared for your race, but it also can make you more excited for race day. We want to make sure you truly treasure that medal after all of your hard work!

SHAPE America Tips for Success

- 1. Do what's right for you** — Check with your doctor and pick an activity (biking, walking, running, ergometer, or another way to increase your heart rate) and intensity level that makes sense with your ability level. Remember, you don't need to complete the race all at one time unless you want to! If you need to, make the race more manageable by doing it over multiple days or weeks.
- 2. Wear the right gear** — Be sure you are [wearing the right shoes](#) for your choice of activity.
- 3. Friends (and family) are your allies** — Exercising with friends helps you complete your goals. Find a friend and get moving! Having a buddy can help you stay accountable during your training and help make sure you stick to your training plan. Getting your family involved is great, too. Find times during the daily routine to get the family moving like after dinner or before lunch.
- 4. Take steps to reach your goal** — Small steps can lead to Big Feats! Make sure you plan how you will achieve your movement goals. If you're running a 5K, [check out this helpful template](#).
- 5. Adjust and reevaluate** — Rest matters. Make sure you are getting sleep and resting your body when you need to.
- 6. Make it fun!** — It doesn't have to be just another race. This is your chance to individualize it and make it your own. Plan your race day course. Include fun places to see, such as your favorite park. Maybe even plan to end your race at your favorite restaurant.



Don't know how you're going to fit "one more thing" into your schedule?

Talk It Out! Use your movement time to chat with a friend on the phone or call a family member you might not have talked to in a while. Look at you, you're multitasking!

For Parents



Parents play an important role in helping their children live a healthy and active lifestyle now and for a lifetime. This includes understanding what high-quality health and physical education programs should look like. SHAPE America has developed a checklist so [parents can get to know their child's physical education program](#).

Even more important is setting the example at home. Parents serve as role models in making physical activity an important part of daily routines. Here are some additional SHAPE America resources to get ideas on how you can squeeze in more activity at home: [101 Tips for Family Fitness Fun](#) and [Ten at a Time November 2018 Physical Activity Calendar](#) ([English](#)) ([Spanish](#)).

If you want more information on how you can support health and physical education programs so children grow up into healthier adults with less risk for chronic disease and diabetes, visit the [parent section on the SHAPE America website](#).



If you have small children, move with them! Play a game of chase, use playground equipment to do exercises like tricep dips and incline pushups. Propel your wheelchair up a hill or try isometric exercises such as doing a plank or holding your arms to the side with or without weights. Whatever you do, just move.

If you have older children, physical activity can be a great way to carve out some one-on-one time. Take a walk after dinner, ask your child to show you a new game or activity, and ask them about their day. Being active together reinforces the importance of physical activity and allows you to connect with your child.



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Move in a Way that Works for You

We understand that running may not be everyone's favorite physical activity, and that's why this race isn't just about running! Rest assured you can participate by walking or doing another activity based on your ability. Walking provides just as much benefit as other forms of cardio. Here are some ways you can really ramp up your movement routine.

Upgrade You

Focus on what you CAN do versus what you can't. For example, if you're in a wheelchair, you can do arm exercises, lift weights or use propulsion time toward a 5K. Looking to participate by walking? Upgrade your movement by adding an incline. On a treadmill it's as easy as pressing a button to increase the grade or incline, but if you're moving outside choose paths with hills or inclines.

Weigh Your Options

Adding weights is a great way to intensify your movement and you have plenty of options. Try using a weighted vest, hand weights with straps, or ankle straps.

Side-to-Side

During your walk, try a side shuffle or a grapevine for 10-15 steps. Be sure to lead on your left and right side for even muscle tone. Whether you side shuffle, grapevine, or perform another training exercise, the focus is on changing it up and challenging yourself.

Biggie Smalls

Vary the size of your strides to burn extra calories. Try taking big strides for 30 seconds then smaller steps for 30 seconds. You can even do lunges as you walk to really intensify your workout. If you're riding your bike or using a wheelchair, try varying your speed.

Level Up

Think you're ready for the next level? Moving in intervals of speed is a great way to ease into enhancing your distance. Start moving at a normal pace for two minutes and then speed it up for 30 seconds. Change the times based on your comfort and ability levels.

FAQs



Virtual Race Questions

What is a virtual race?

A virtual race is a race you can complete anywhere in the world! You choose how, when and where you want to do your race. You don't even have to do it all in one day! You can walk, run on a treadmill, ride your bike outside, or move in another way. A virtual race allows people of all ages, speeds and abilities to compete without time restrictions and large crowds at traditional races.

How do I become a virtual race fundraiser for SHAPE America?

Click "Join the Movement" from the [Fundraising landing page](#) on our website.

What do I get when I register?

Registrants get a packet, racer bib and medal. Additional prizes are available for those who fundraise and/or participate in challenges.

Is my registration tax-deductible?

No. Registration fees are not tax-deductible; however, any donations you make to your own fundraising account may be tax-deductible to the fullest extent of the law.

I'm already registered for another race in my town. Can I still complete the virtual race?

Yes! You can run your virtual race alongside your marathon, 5K or other race. Complete your race registration and you can fundraise for SHAPE America, too.

When is the best time to register for the Big Feats Virtual Race?

It's best to register around 3 weeks before your race so friends and family have enough time to donate to your fundraiser and you have enough time to train. Almost coming up on the race deadline? No worries – register today!



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How far is the Big Feats Virtual Race?

There is no set distance. You set your own distance your goal! Personalize the race to meet your level for a healthy challenge and the feeling of accomplishment. Have small children? Break up your activity into smaller chunks! Take movement breaks whenever works best for you and track your pace.

Here are a few distance conversions for reference:

- 5K = 3.1 miles or 5,000 meters
- 10K= 6.2 miles
- Half Marathon = 13.1 miles.

- Average # of steps per mile: 2,000
- Average # of steps in a 5K: 6,200

How do I track my virtual race?

The most accurate way to do this is by using a running GPS watch, but there are also several free smartphone apps available for iPhones and Android phones. We recommend the following apps:

- Nike
- Runkeeper
- MapMyRun
- Strava

Remember to take a screenshot of your virtual race and post it on your fundraising page.

I don't want to run my race alone. Can I invite others to join me?

The more the merrier! We allow individual fundraisers to team up and participate together. A team fundraising page is the page for all of the individuals who have joined a virtual race team. Each team member will also have a personal fundraising page.

When you register for the virtual race, you will be given the option to create a team. Click "Create a Team" and start inviting your friends and family to join in.

If you choose to fundraise as an individual and forget to join or create your team, don't worry! You will still have the option to join or create a team once you have created your personal fundraising page.

Can I participate with my dog?

Sure! But please take your dog's safety and health into account. Not all dogs can handle long distances, and they must train for it, just as we do. Consult your veterinarian before starting any kind of intense exercise program with your dog.

My school would like to do an employee fundraiser using the virtual race. Can this be done?

Virtual races are a perfect addition to an employee wellness program. It gives each employee the freedom to choose when, where and how they want to race — all while staying virtually connected.

Your customized team page will be a great hub to track your school's overall fundraising progress, and foster community and friendly competition with your employees. Check out our team leader packet for ideas and activities on how to implement an employee wellness program.

My school would like to do this with our students. Can this be done?

Of course! You can register your school as a team. Check out our teacher packet for ideas and activities on how to implement the virtual race within the gymnasium, classroom and school as a whole.

Online Fundraiser Questions

How do I register?

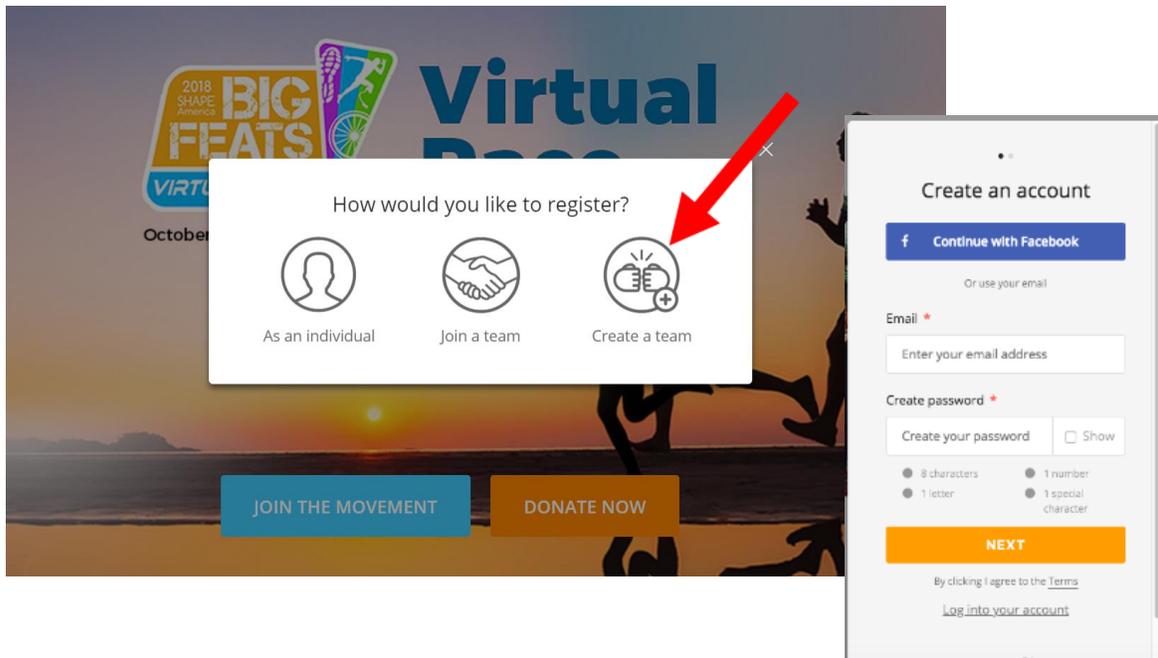
You can register as an individual or as a team and set up your fundraising page through our [online platform](#)!

How do I create a team?

Are you the ringleader of this operation? If so, you are probably looking to create a team and have your friends and family join up. You can create a team directly from the Campaign Landing Page by clicking the “Join the Movement” button and selecting the “Create a Team” option in the pop-up. To create a fundraising team, you must first create an account, follow the short form until your account is created. Congrats – first step completed. Follow the prompts to name your team, set a fundraising goal, and write a team mission statement. You can then recruit team members and start fundraising!

Any money given directly to a team fundraising page or an individual that is on a team page will roll up to the team fundraising page.

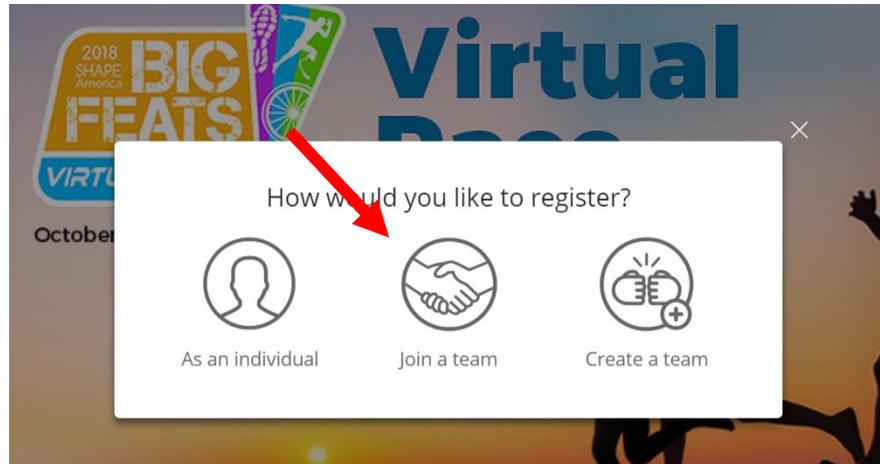




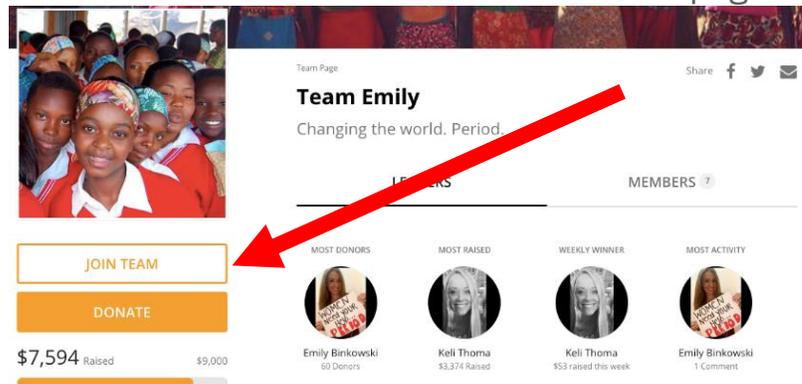
If you choose to fundraise as an individual, and forget to join or create your team, don't worry! You will still have the option to join or create a team once you have you have created your personal fundraising page.

How do others join my team?

After going through the process of creating their individual page by naming their page, setting a fundraising goal, and uploading a photo, they will be taken to their fundraising page. They can then join forces with you by selecting the Join a Team option after clicking the "Join The Movement" button on the campaign landing page.



- They will then have the option of entering the name of your team in the search bar or browsing through the list of established teams, to find your team name. They simply click on the name of your team to become a team member.
- They can also click the Join Team button on the team page.



Who can edit my team?

Only the team captain who created the team will be able to edit the team fundraising page. The organization account admin can update the page title, the team lead, short URL, and the team fundraising goal.

How can I leave a team?

If you would like to leave a team, select the “Leave Team” option under the Team name on your individual page and you are back to being an individual fundraiser. The team lead and other team members will not receive a notification if you decide to leave your team.

How do I thank donors?

Every donation should be acknowledged immediately with an email, social media call out and/or a handwritten thank you note. You can also thank donors directly from your fundraising page:

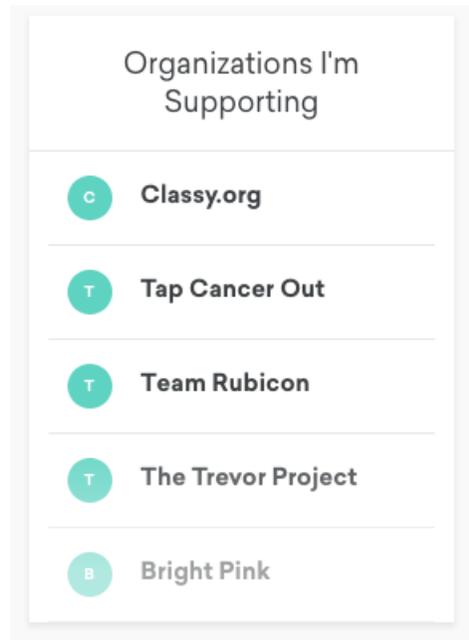
- **Thank from the Fundraiser Dashboard:** Select the “Donations” tab to generate a list of donations made to your fundraising page. Select the “Thank” button located to the right of a donation, type your message, and click “Comment”! You can also use the “Mark Thanked” feature, which indicates who you have thanked and who you have yet to thank for their donation.
- **Thank from the Fundraiser Activity Feed:** From your live fundraising page, scroll down until you see the Fundraising Page Activity Feed located near the bottom of the page. This will display the most recent activity on your page. You can thank donors here by clicking the “Reply” button next to a donation, typing your thank-you message in the resulting text field, and selecting “Post Comment.”

Thank through email: From your Fundraiser Dashboard, select the “Emails” tab, then select the “Thank Your Donors” email template. If you prefer to thank your donors via email, this will provide you with a pre-populated email template. Select “Copy Message,” paste the copied language into a new email in your personal email account and send the thank you. This copied message contains a link back to your personal fundraising page as well!

How do I send myself a receipt?

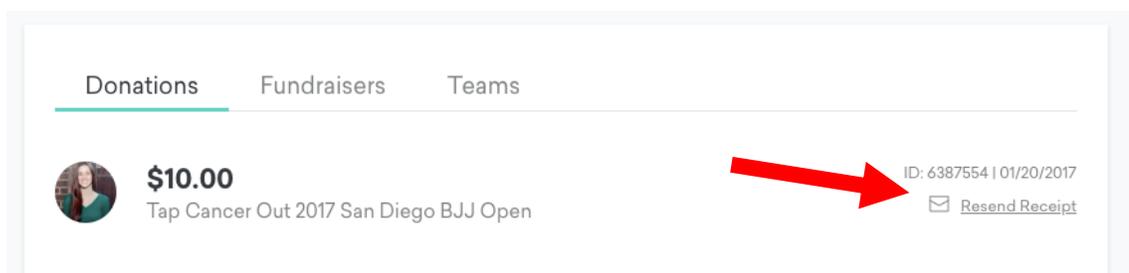
Donors can resend donation receipts via the Supporter Dashboard:

- Log in to the Supporter Dashboard that was automatically created the first time you donated or created a fundraising page on the Classy platform. From the Classy.org homepage, select the Login option at the top right-hand side of the screen. If you have forgotten your password, reset it within the login window. If you are already logged in, you can access your Supporter Dashboard from any Classy page by hovering your mouse over the avatar in the top right-hand corner of the screen and selecting My Profile.



- Once logged in to your Supporter Dashboard, you'll see the organizations you support listed on the left under "Organizations I'm Supporting." Select the recipient of your donation to open the Supporter page.

- On the Supporter page, scroll to the donations section.



- If the email listed is incorrect, you can click on "Settings" at the top of the Supporter Page in order to navigate to the Supporter Dashboard



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and update your email address. Once updated, resend the receipt via the Supporter Page.

- If you are using the donation receipt for tax purposes and the tax deductibility language isn't included in the resent receipt, please contact SHAPE America directly to obtain it.

What if I have a question that is not answered here?

Please email us at bigfeats@shapeamerica.org for any unanswered questions you have.