Participant Guide

Step 1: Register
Sign up to join our Online & Active IFIC Fundraiser: https://go.rallyup.com/ipac2023virtualrace/Campaign/Details

Step 2: Pick an Activity and Goal!
You aren’t tied to running or walking. Pick an activity that excites and motivates you, and set a goal!
- Run 5km
- Walk 3.5km
- Bike 20km or Bike 5km every Monday for a month
- Yoga everyday for a month
- Zumba everyday for a month
- Walk 15,000 steps a day for 6 weeks
...anything goes!

Step 3: Raise Funds
- Ask friends, colleagues, neighbours to donate and support you
- Post to social media to promote your activity

Step 4: Get Active!
- Dress up in your best outfit and get moving
- Make sure you take a photo and/or screenshot your activity app and share to social media #activeforIFIC2023.
- Send us your photo to be featured during closing ceremonies (submit to IPACCanada@buksa.com)
- Sign up and raise funds prior to May 31 to be eligible for prizes

Step 5: Celebrate Your Success
- Attend the IPAC Canada Closing Ceremonies to celebrate and see who won. Each IPAC Virtual Race 2023 participant will be entered into a draw for three $50 gift cards.

Made possible through the support of:

Please follow all safety measures and restrictions where you live.