

EVERY **STEP** COUNTS!

GO Grey in **May**

WALK OR RUN FOR 31 DAYS STRAIGHT

Make strides to raise awareness and funds for childhood and adult brain tumor research. Whether you're a beginner or an experienced walker/runner, this challenge is for everyone!

How It Works:

1. Register for just \$25 at gogreyinmay31day.org and get an exclusive "Go Grey in May" T-shirt.
2. Commit to walking or running every day for 31 days in May.
3. Raise a minimum of \$35 to receive a medal.

Invite Your Friends:

Team up with friends and family to make it even more meaningful! Challenge each other to stay active and make a bigger impact together.

Why Go Grey?

May is Brain Tumor Awareness Month—a time to take steps toward improved treatments for those impacted by brain tumors.

Sign Up Today!

Visit gogreyinmay31day.org
and start making strides!



For more information contact Lisa@tbkf.org.
All sponsors must commit before March 6, 2025 in order to receive all promotions.

May						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
MAY	Novice		Advanced			
Date	GOAL	ACHIEVED	GOAL	ACHIEVED		
1	0.1		1			
2	0.2		2			
3	0.3		3			
4	0.4		4			
5	0.5		5			
6	0.6		6			
7	0.7		1			
8	0.8		2			
9	0.9		3			
10	1.0		4			
11	1.1		5			
12	1.2		6			
13	1.3		1			
14	1.4		2			
15	1.5		3			
16	1.6		4			
17	1.7		5			
18	1.8		6			
19	1.9		1			
20	2.0		2			
21	2.1		3			
22	2.2		4			
23	2.3		5			
24	2.4		6			
25	2.5		1			
26	2.6		2			
27	2.7		3			
28	2.8		4			
29	2.9		5			
30	3.0		6			
31	3.1		1			
TOTAL MILES	49.6		106			