

Q: How does a virtual walk work?

A: *You can walk or run anytime during the month of Sept.*

- Set a Goal- want to up your exercise? Do it in September- commit to walk 5000 steps a day or week!
- Don't forget to log your miles on the Outrun Lupus website under Results so we can celebrate how far everyone walks!!
- Take photos and share them on our [Instagram](#) or [Facebook](#) or send them to us so we can post them!

Q: Will we meet at a specific time and place for the walk?

A: *No, you can walk or run wherever and whenever you want during the month of Sept.*

Want to add some fun, go ahead and set up a time and place to meet your friends to walk together! If you want to try and raise lupus awareness you can also wear an Outrun Lupus t-shirt from a previous 5k or order a new one [here](#)!

Q: Are you offering any prizes for participating?

A: We are not offering participation prizes, but we do have fundraising prizes!

- Raise \$125 and receive an Outrun Lupus t-shirt!
- Raise \$250 and receive an Outrun Lupus baseball cap
- Raise \$500 and receive an Outrun Lupus hoodie

Q: What other ways are there to help raise lupus awareness?

A: Start a TEAM!! Bring your friends and family members, near and far! If your team is all local to you - why not choose a day or days when you can meet up and walk together? Don't forget to log your miles on the Outrun Lupus website under Results so we can celebrate how far everyone walks!!

Set a Team Fundraising Goal ~ remember the money raised is used to support all of our free Patient Education and Support Programs!

Do you have questions we didn't answer? Just send us an email and we will get back to you as soon as possible! You can reach us at info@californialupus.org