



Team Toolkit

Visit www.van-go.org and go to the May Day Hey Day page to register, donate, or complete your roster.



To Do List

- Grab 10 of your favorite people to join your May Day Hey Day team
- Choose a team name (ex. Awesome Blossoms)
- Register at www.van-go.org (\$250)
- Fill out your team roster online
- Fundraise! Each team is challenged to raise \$1,000 for Go Healthy
- Choose your starting point
- On Saturday, April 30, meet up & get moving!
- Arrive in the Van Go parking lot for the after party from 10am - Noon

Fundraising Ideas

With a team goal of \$1,000, each team member is challenged to raise at minimum \$100. Here's a few ideas to get you started.

- Ask friends & family to donate in your honor
- Host a Facebook fundraiser for Van Go
- Bake sale? Car wash? Lawn mowing? Craft sale? Use your talents & get creative!
- Hate to fundraise? Donate \$100 yourself!



Why Go Healthy?

Go Healthy is Van Go's wellness initiative central to all of our programs and services. Go Healthy provides a holistic approach to self-care and wellness that translates well into our job-readiness work. Through a variety of educational opportunities and experiential practice, youth learn that when they take good care of themselves outside of the work environment, they are the best prepared to perform in the workplace and enjoy a healthy lifestyle. Our Go Healthy programming includes mental health supports, healthy snacks and summer lunches, nutrition education, physical activity, and wellness activities/education.



Suggested Starting Points on the Lawrence Loop

1 MILE

Burroughs Creek Park
(900 E. 15th St.)
Time to complete:
30 minutes*
Start time: 9:30am



After Party

On April 30, the finish line is the Van Go parking lot! Join us at 715 New Jersey St. from 10am - Noon for:

- Announcement of the winning team
- Celebrity Art Activity
- Succulent planting station
- Live music
- FOOD!
- Skateboard demos by River Rat
- Awards for all participants
- ...and more!

3 MILES

Haskell Ave & 29th St
(910 E. 29th St. on GPS)
Time to complete:
1 hr 15 minutes*
Start time: 8:45am



5 MILES

31st & Louisiana St.
Van Go Mural Site
Time to complete:
2 hrs 5 minutes*
Start time: 8:00am



Van GO



*Times based on average adult walking speed of 1 mile per 25 minutes, with arrival at Van Go at 10am.