

Monday, October 30, 2023

Day One

Ready, set, GO! Share how you are kicking off Day 1 of the FUNd Run by using **#umgcfundrun**

Tuesday, October 31, 2023

Day Two

Show us your best costume! Kudos if you can incorporate UMGC colors!

Wednesday, November 1, 2023

Day Three

Almost halfway...Do you have the most miles so far? Post on **#umgcfundrun**

Thursday, November 2, 2023

Day Four

GO! GO! Join us at UMGC for a Pep Rally to show your support for our Veterans or create your own rally!

Friday, November 3, 2023

Day Five

Break up your walk/run and do five burpees for every mile you complete today.

Saturday, November 4, 2023

Day Six

Show your team spirit by showcasing your favorite sports team! Wear t-shirts or ballcaps for hockey, football, or even your kids swim team!
#umgcfundrun

Sunday, November 5, 2023

Day Seven

TOUCHDOWN! Finish strong and run/walk an additional mile.