

**OCT 8-17**

Virtual Walk

# 10 DAYS. ONE GOAL.

FRI  
08

## Fundraise Friday

#FundraiseFriday

Kick off the Walk by setting a personal fundraising challenge like raising \$500 through Facebook or recruiting 10 donors in 10 days.

SAT  
09

## Chalk the Walk

#ChalktheWalk

Use chalk to raise PKD awareness in your local community and tag us in the photo!

SUN  
10

## Why We Walk

#WhyWeWalk

100% of donations fund PKD Research and research is critical to ending PKD. Support the Walk by sharing one of our research facts and encouraging your friends and family to donate.

MON  
11

## Mission Monday

#MissionMonday

Our mission is to fund research, advocate for patients, and build a community for all impacted by PKD. Today, we will be sharing stories from our community and encourage you to share your own.

TUE  
12

## T-Shirt Tuesday

#TShirtTuesday

Wear your favorite Walk for PKD or PKD awareness t-shirt and tag us in the photo!

WED  
13

## Halfway Hump Day

We're halfway through our 10-day event! Tune in to our mid-Walk update this evening on Facebook at 6 p.m. CDT

THU  
14

## Throwback Thursday

#ThrowbackThursday

Many of our teams have been walking for years. Tag us in your best throwback photo!

FRI  
15

## Why We Walk

#WhyWeWalk #FundraiseFriday

Help us raise \$1 million for PKD research! Share your "Why" with your community and ask them to help you meet your fundraising goal.

SAT  
16

## Squad Saturday

#SquadSaturday #PetsforPKD

Gather your team, friends, family, and pets! Walking with your squad puts the "fun" in "fundraising."

SUN  
17

## Finish Line

#FinishLine

A cure is our finish line. Help us cross it by sharing your fundraising page with your friends and family one last time!