

Row 4 Dough: Fitness Center Toolkit

#Row4Dough

Thank you for helping us spread the word about our 2023 Illinois LETR Row 4 Dough event. Below, please find social media information and sample posts to promote the event on your fitness center's social media channels.

Instructions:

We ask that you use the hashtag **#Row4Dough** and tag the applicable Special Olympics Illinois profiles (see below) when posting about the event.

The action link for these posts is row4dough.com.

Items highlighted in yellow are to be edited for your particular post. It may be tagging the appropriate social handle for the channel you are posting, the specific date/location of the event you are hosting with SOILL, or the URL for your specific event. If you do not have this URL, please reach out directly to your region contact for the correct URL.

SOILL Social Channels:

- Facebook: [@SpecialOlympicsIllinois](#)
- Instagram: [@specialolympicsillinois](#)
- Twitter: [@SO_Illinois](#)
- LinkedIn: [@SpecialOlympicsIllinois](#)
- TikTok: [@specialolympicsillinois](#)

Illinois LETR Social Channels:

- Facebook: [@IllinoisLawEnforcementTorchRunforSpecialOlympics](#)
- Instagram: [@illinoisletr](#)
- Twitter: [@IllinoisLETR](#)

Post #1:

Looking for a fun fitness challenge for a great cause? Row, row, row for the awesome athletes of [@Special Olympics Illinois](#). We challenge YOU to sign up for the in-person [@Illinois LETR](#) #Row4Dough event happening on **DAY, DATE, at TIME**.

What's Row 4 Dough you might ask? It's an annual fundraiser where participants sign up as an individual to row a 5k, a five-person team to row 13.1 mi, or a 10-person team to row 26.2 mi. All participants must each raise a minimum of \$50 to receive a t-shirt.

Sign up at [URL](#)

Post #2:

Get your SWEAT on with us this fall at the [@Illinois LETR](#) #Row4Dough event benefiting Special Olympics Illinois. Sign up as an individual, five-person team, or 10-person team and join us on **DAY, DATE, at TIME**.

You've got what it takes to help build a more inclusive world for the awesome athletes of [@Special Olympics Illinois](#)! Sign up today at [URL](#).

Post #3:

Ready, set, ROW! 🚣 We are hosting the @Illinois LETR #Row4Dough event on DAY, DATE, at TIME. All you have to do is sign up as an individual or team, raise at least \$50, and row! Participants who meet the fundraising minimum will receive a signature Row 4 Dough t-shirt.

Let's all PULL TOGETHER and support @Special Olympics Illinois. Sign up: URL

Post #4:

Workout for a #goodcause! We are hosting the annual @Illinois LETR #Row4Dough event on DAY, DATE, at TIME for Special Olympics Illinois. Get your team together or compete as an individual. Let's do this! More info: URL

Images

Go to next page. To save the image on a PC please right click and select "Save Picture."



**A WAY TO
SUPPORT WHILE
YOU SWEAT**

Compete in person as an individual or part of a team



ROW4DOUGH.COM | #ROW4DOUGH



#ROW4DOUGH



ROW4DOUGH.COM



**A WAY TO SUPPORT
WHILE YOU SWEAT**

Learn more

ROW4DOUGH.COM

If you have any questions or are in need of any additional information regarding the Row 4 Dough social toolkit, please contact Lauryn at lhaas@soill.org.

Thank you again!