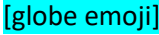



Toolkit: Row 4 Dough LETR

*These posts can be used with the social images found [here](#),
or with photos from previous year's events.*

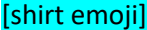
Post #1:

Get your SWEAT on with us this fall at the Illinois LETR #Row4Dough. Sign up as an individual, five-person team, or 10-person team. This year's event is being held both in person and virtually – so no excuses!

You've got what it takes to help build a more inclusive world  for  athletes. Sign up today at row4dough.com.


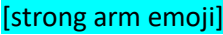
Post #2:

Row, row, row for the awesome athletes of ! 

We challenge YOU to sign up for a 2023 Illinois LETR #Row4Dough near you. You can participate as an individual to row a 5k, a five-person team to row 13.1 miles, or a 10-person team to row 26.2 miles. All participants must each raise a minimum of \$50 to receive a t-shirt. 

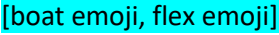

Sign up, learn more, and find an event near you at row4dough.com.

Post #3:

Let's all PULL TOGETHER and row for  athletes!  Whether you wanna sign up for an in-person #Row4Dough event or complete our statewide virtual row, just know that you will be helping to fund programming for individuals across the state with intellectual disabilities.

Go to  row4dough.com to sign up.

Post #4:

Get your department together and row for a great cause!  Sign up for the 2023 Illinois LETR #Row4Dough, and help to provide sports competition, health education, leadership, and personal development opportunities to  athletes year-round.

Learn more and register at row4dough.com.