



Scavenger Hunt

Present by

Louisiana HealthCare Connections

Start the day with a cup of your favorite coffee!

Do a workout in your favorite running shoes!

Get your groove on as you hit the pavement.
Listen to MAX 94.1

Refuel with your favorite Gatorade!

Picture of your post run meal! Treat your body with a healthy meal.

Picture of your running buddy/team!

Run past a body of water!

Picture or video of your route.

Take time to recover and stretch your

Wear your Ryan's Run shirt, face mask, and or your **RED!**

How to play:

- While running or training the week leading up to the run/walk, snap a photo of one of the items listed above
- Once you have collected FIVE photos, post them together in one Instagram post (as a collage or a carousel), make sure to tag @BRSickle AND use #MaskUp4SickleCell
- You can start gathering and posting Sept. 21 and must complete the virtual scavenger hunt by Sept. 26, race day
- Once you post your completed scavenger hunt, you will be entered in a drawing to win a prize pack.