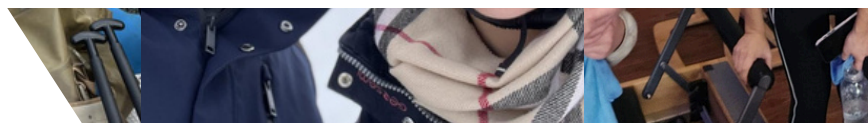




# APPRECI-A-THON

2025 CHALLENGE



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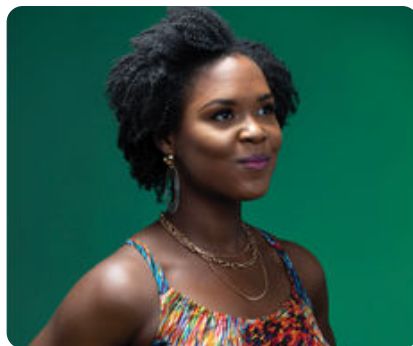
# MEDICAL HEROES APPRECI-A-THON

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CISCRP's annual Medical Heroes Appreci-a-thon is a virtual two-week activity challenge. The purpose of this event is to get active and engage in friendly competition with friends, family, and coworkers, all while celebrating Medical Heroes.



Medical Heroes are the individuals who participate in clinical research. CISCRP has a library of articles that share the personal experiences of those who have had their lives changed due to clinical research, from participants themselves to caregivers for loved ones. [Visit our library of Medical Hero Stories.](#)



# HOW TO REGISTER

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Appreci-a-thon is hosted on the virtual race platform, Racery. Racery allows users to virtually travel through locations all over the world.

Each year, the CISCRP team chooses a different course for participants to virtually travel through as they log their fitness activity. This year's virtual course is the Pacific Crest Trail.

To move forward along the virtual course, participants must log their daily fitness activity. Each activity is then converted into miles. After you log your activity, your avatar will be moved along the course. The amount of miles you travel along the course for each activity logged will depend on the amount of time spent or distance travelled for each activity.

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## HOW TO REGISTER:

**Step 1:** Visit the [Medical Heroes Appreci-a-thon registration page](#) on the Racery website.

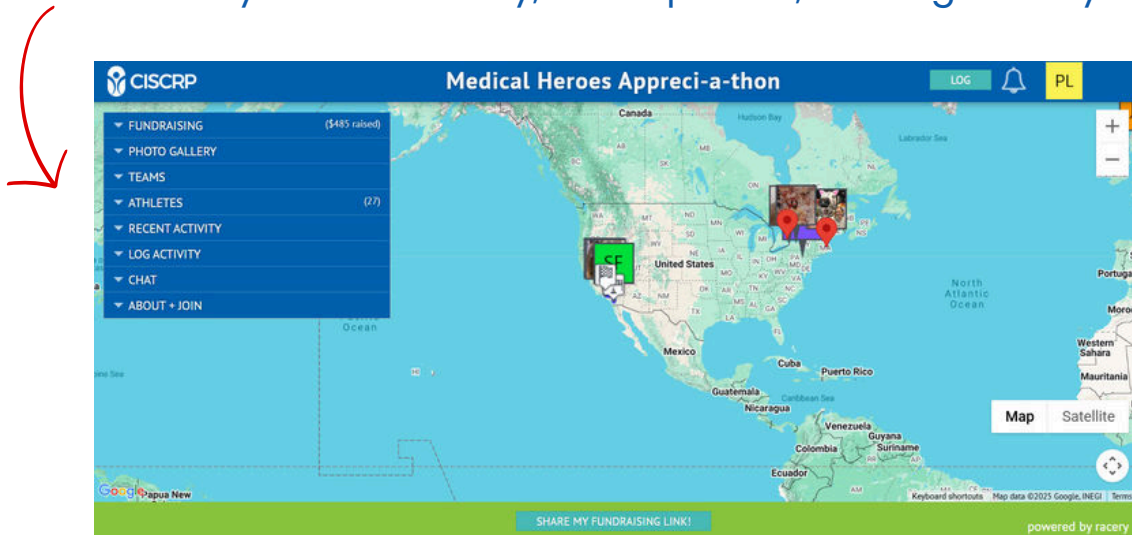
**Step 2:** Click the "Join Now" button and enter your information.

**Step 3:** Join an existing team or create a new team.

**Step 4:** Donate to CISCRP to be entered into our raffle for a Garmin vivoactive 5 fitness watch. (optional)

# HOW TO USE RACERY

After you register for Appreci-a-thon, you will be brought to the event page. Here, you can see the participants and their teams, view any recent activity, share photos, and log activity.



## How to Log Activity:

You cannot log miles until the event begins, on May 16, 2025. Once the event begins, you can begin to log all of your daily physical activity. This includes any form of exercise, walking, stretching, yoga, sports, etc.

To log your activity, open the “LOG ACTIVITY” tab. A drop down menu will appear with a list of activities. Click on the activity you want to log. Each activity is either measured in time spent or distance travelled. After you log your activity, it will be converted into miles, and you will be moved along the virtual course.

Don't forget to zoom into the map to see the scenic virtual course!

# HOW TO USE RACERY

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## Download the Racery App:

To make it easier to log your activity on the go, download the Racery mobile app. After you download the app, simply log in to your Racery account and start logging your physical activity!



## Strava Integration:

If you're a Strava user, you can connect your Strava account with your Racery account. Connecting these two accounts will make logging your activity more seamless.



To connect your Strava account, visit the Racery website, and click on the "Connect with Strava" button on the navigation bar.



# CHALLENGES & CHANCE TO WIN PRIZES

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There are three separate opportunities to win prizes during the 2025 Medical Heroes Appreci-a-thon.

## **Donation Raffle:**

Make a donation to CISCRP in addition to the Appreci-a-thon registration fee. There will be an option to donate during registration. Each dollar amount counts as an entry into the raffle. For example, a \$5 donation will enter your name into the raffle five times, a \$10 donation will enter your name into the raffle ten times, and so on. The winner of this raffle will win a Garmin vivoactive 5 fitness watch!

## **Referral Challenge:**

After you complete registration, you will receive a referral link. This link can also be found if you click on the "About + Join" tab. The person who brings in the most registrations from their referral link will win a \$50 Visa gift card!

## **Photo Challenge:**

Upload a photo of you during one of your fitness activities on Racery. To upload a photo, click on the "Photo Gallery" tab. The winner of this raffle will win a \$50 Visa gift card!



# CELEBRATING MEDICAL HEROES

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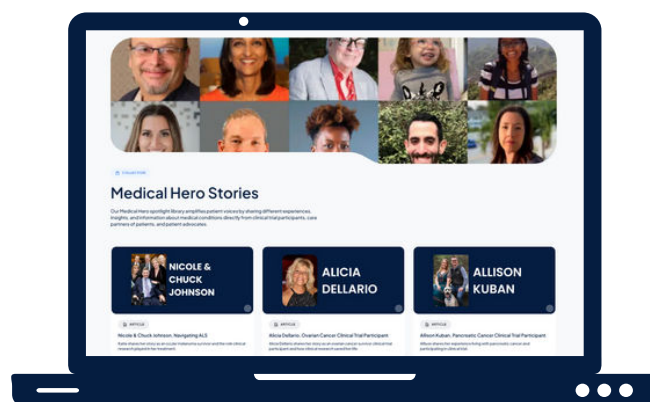
During CISC RP's Medical Heroes Appreci-a-thon, we encourage participants to take the time to honor and celebrate the individuals who participate in clinical research. Whether it's thanking a Medical Hero you know personally, sharing a post on social media, or reading one of CISC RP's Medical Hero stories – this virtual event is an opportunity to show your gratitude for those who give their gift of participation.



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## Visit Our Medical Hero Library:

Visit our [website](#) to view our library of Medical Hero stories and read the personal accounts from people who have participated in clinical trials and their loved ones.





# THANK YOU

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The CISCRP team sincerely thanks you for your participation in our annual Medical Heroes Appreci-a-thon virtual activity challenge. Your participation helps to support our program and services.

A special thank you to our help to advance medical treatments with their participation in clinical research.

We're excited to see you on the virtual course on May 16!



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## Have any remaining questions?

With this virtual event being hosted on a different platform, sometimes new questions can arise that we have not addressed yet. If you run into any questions or confusion, please reach out to the CISCRP team. Email us at [agunduz@ciscrp.org](mailto:agunduz@ciscrp.org)

## Sponsorship Opportunities

For questions regarding sponsorship opportunities for this event, please contact Ayse at [agunduz@ciscrp.org](mailto:agunduz@ciscrp.org)