

Top 10 Ways to Get Involved in Our Chapter

You may have just met us on race day of the IBC Broad Street Run or you have been running with our Philly teams long before we proudly conquered the 10-mile run. Wherever or whenever you were first introduced to BoMF, we would like to share with you the top ways to get involved in the upcoming months so that you can continue to experience the excitement and successes of our chapter!

1. Join Our Runs

In addition to our MWF runs at 5:30 a.m., we will be holding **Thursday night runs at 6:30 p.m. out of Rittenhouse Square Park** well into the fall running season. If you are interested in joining one of our teams for morning runs, sign up [HERE](#) to attend our orientation.

2. Philly Picnic

Our Philly chapter will be holding a "**Taste of the City**" picnic on **June 18th** at Fairmount Park, bringing together good food, fun games and great people! If you have a specific Philly food you just can't get enough of, help us [sign up a restaurant](#) to be featured as one of our Philly favorites at the event. Email Rachel@backonmyfeet.org to find out more information.

3. Run a Race for BoMF

FundRacing is a great way to contribute to the Philly chapter while spreading awareness and informing others about how BoMF is improving the community. Learn more about FundRacing [HERE](#) and check out our [Race Calendar](#) to find out what local races you can run on behalf of BoMF!

4. Join a Committee

If you are looking to put your talents and ideas to good use, come join one of our committees! Email Rachel.yoder@backonmyfeet.org if you are interested in taking part in the Non-Res, Social Events, Program Advisory or Race Committee.

5. Philly Birthday Run

Who doesn't love to celebrate a birthday? At BoMF we will be kicking off a new year of the Philly chapter with a run joining all of our teams together at **City Hall on July 1st**. If you have never had birthday cake 5:30 a.m.,

worn a birthday hat while running or seen all of our teams together in action, come celebrate with us!

6. 4th Annual Stroehmann Back on My Feet 20in24

Whether you enjoy running for 24 hours, showing off your pajamas in a race, lighting up the night (and the Schuylkill River), or just gathering with friends for an all night relay camped out by the river, we've got a race for you! Join us for the [4th Annual Stroehmann Back on My Feet 20in24 Relay Challenge, Lone Ranger Ultra Marathon, Midnight Maddness Run & Pajama Loop](#) and see how Back on My Feet RUNS PHILLY! [Sign up](#) for volunteer opportunities today.

7. Night at the Phillies

Missed your chance to get to this year's Phillies games? Support our Philly chapter by joining us on the evening of September 19th as the Phillies challenge the St. Louis Cardinals- proceeds from a portion of each ticket will go to BoMF. [Purchase your tickets now!](#)

8. Ragnar Relays

Run across PA this fall in the first-ever Ragnar Relay PA while conquering 200 miles and contributing to your BoMF Philadelphia Chapter simply by registering- find out more information on our [website](#).

9. Philadelphia Marathon

The Philadelphia Half and Full Marathon are right around the corner! Visit our [website](#) and learn how you can get involved on November 20th.

10. 5th Annual Bash presented by Stroehmann Bakeries

Lace up those sneakers and throw on your best cocktail attire! BoMF is getting ready for our 5th Annual Bash at the Philadelphia Marriott Downtown. Stay tuned for more details on this upcoming event! Email Cathryn@backonmyfeet.org for any questions regarding Bash Sponsorships.

Questions on any upcoming events? Contact Cathryn at 215-772-1080 x111 or visit our [Race and Events Calendar](#).

What can your company do to support our cause?

Join the [list of companies](#) who have joined with Back on My Feet to build teamwork, promote health and fitness and create a stronger company culture, all while helping BoMF to continue work in the community!

"It has been a great experience getting involved with BoMF and our company has really responded. We were overwhelmed with 52 team members for the IBC Broad Street Run, including people that work for Accenture, friends and family, and we have even had a lot of clients involved that were anxious to be a part of our team. Overall, we have had a great response from the team and everyone was really enthusiastic for the cause. We were even able to make it out for a few training runs for BoMF which was a great way to build team spirit within our company." - Andrea, Accenture Team Leader

Learn more about ways to get your company involved by visiting our [website](#).

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