



SAINT
Philip
African Methodist Episcopal Church
REV. WILLIAM D. WATLEY, Ph.D., SR. PASTOR

REV. GEORGE MOORE SR.

30/31
RUNWALK

30 MILES IN 31 DAYS VIRTUAL CHALLENGE
FOR STROKE AWARENESS

October 1-31, 2020

\$10 ENTRY FEE
COMMEMORATIVE T-SHIRT
****REACH THE GOAL**
RECEIVE A MEDAL!

Email us:
healthministry@saintphilip.org

REGISTER NOW!
Eventbrite

www.saintphilip.org

Virtual Tracking Method: Nike Run Club App **NRC**

The Saint Philip AME Health Ministry is pleased to announce the 2020 Rev. George Moore, Sr., Stroke Awareness Virtual Run/Walk Challenge!!!

This year the goal for the challenge is to walk/run 30 miles in 31 days beginning October 1st and ending October 31st.

Process for Entering Challenge:

1. Registration:

Fee: 10.00

Eventbrite.com...click on the link below:

<https://www.eventbrite.com/e/george-moore-stroke-awareness-walkrun-tickets-121263366995>

2. Download the **Nike Run Club App** on your SmartPhone or SmartWatch. The App will record your miles and track your progress. Once you download the app, please send a "Friend Request" to **Ramona Hale** to be invited into the challenge.

3. Fitbit users will need to submit your miles weekly for tracking purposes by emailing healthministry@saintphilip.org.

4. Each participant will receive a commemorative T-Shirt. You will receive an email with instructions for the date and location for pickup.

5. **Each person who reach the goal will be awarded a congratulatory medal!!**

STAY ACTIVE and HAVE FUN

