



**The Saint Philip AME Health Ministry is pleased to announce the 2021 Rev. Dr. George Moore, Sr., Stroke Awareness Virtual Run/Walk!**

This year the goal for the challenge will encompass 4 levels: 30 miles, 50 miles, 150 miles or 200 miles. Each participant is to select one of the 4 levels based on individual preference. **The virtual walk/run will begin October 1st and end October 31st.**

**The Process for Registration:**

1. Please click on the Eventbrite link below:
2. <https://www.eventbrite.com/e/the-annual-rev-dr-george-moore-sr-virtual-stroke-awareness-walkrun-tickets-164734223497>
3. **The Registration fee is 20.00**
4. Download the **Nike Run Club App** on your SmartPhone (you can track miles on your phone or Apple Watch).
  1. \*Once you download the app, please send a friend request to **"Ramona Hale"** or if you are already have the app and are friends with Ramona Hale...simply enter the challenge of your choice based on the # of miles.
5. **Fitbit users** will need to submit your miles weekly for tracking purposes by emailing the health ministry at healthministry@saintphilip.org.

6. Each registered participant will receive a commemorative T-Shirt. You will receive an email with the date and location for pick up.

**Come Join Us.....Stay Healthy, Fit and Have Fun!!**