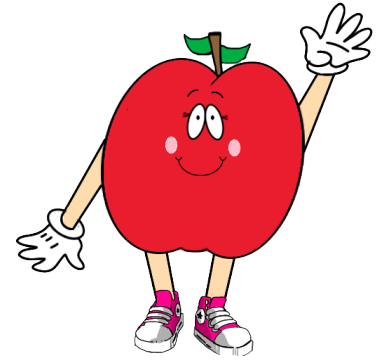


“Get Fit for the Food Bank” Challenge

July 1st - 31st

Your challenge is to rack up at least 870 minutes (14.5 hours) of your favorite outdoor physical activities in the month of July. And you’ve got to mix it up by doing at least four different kinds of activities.



We will donate \$20 to the the Hunger vs. Hunger Bellingham Food Bank Fundraiser for each person who completes the challenge (up to \$1,000 in donations). And the Jerry H. Walton Foundation will double our donation!

Everyone who completes the challenge will also be eligible for the drawing for four \$25 Fairhaven Runners & Walkers gift cards.

How do you record & report your results? Each day record the activity you did and minutes you exercised until you reach 870 minutes, then take a screenshot or photo of your list and email it to us at runners@fairhavenrunners.com by July 31st.

What kinds of activity counts? Walking, hiking, running, dancing, paddling, cycling, swimming, climbing, etc., etc. :)

<u>Date</u>	<u>Activity</u>	<u>Minutes</u>
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