

What is the Resolution Run?

IT IS A VIRTUAL EVENT THAT CONNECTS FITNESS WITH CHARITABLE GIVING. THERE IS NO EVENT TO ATTEND, IT'S A VIRTUAL RACE SO YOU SET THE PACE!



How do I track my distance?

YOU TRACK YOUR WORKOUTS BY SETTING UP YOUR FITBIT, GARMIN, APPLE WATCH, GOOGLE FIT OR MISFIT. DON'T HAVE A WEARABLE? DOWNLOAD THE FREE APP ON IOS OR ANDROID. OFFLINE WORKOUTS CAN BE UPLOADED, TOO!



Is there a map?

YES! THERE IS A VIRTUAL MAP OF A HOUSE THAT SHOWS PARTICIPANTS' PROGRESS IN RELATION TO EACH OTHER. COMPETE AGAINST OTHERS OR YOURSELF!



How long does it last?

FITNESS IS TRACKED
JANUARY 1— FEBRUARY 26.



QUESTIONS?

team@habitatstcharles.org

www.habitatstcharles.org

REGISTER TODAY!



**PARTICIPATE WHERE YOU CAN,
WHENEVER YOU CAN!**

JANUARY 1, 2020 – FEBRUARY 26, 2020

PARTICIPANT REGISTRATION OPTIONS:

\$40 – 1 SWAG CHOICE OR \$60 FOR BOTH

SWAG OPTIONS ARE A LONG SLEEVE T-SHIRT OR RESOLUTION RUN MEDAL

**\$5 DISCOUNT AVAILABLE—
SEE REGISTRATION PAGE FOR DETAILS!**

DURING REGISTRATION YOU WILL SET YOUR FITNESS AND FUNDRAISING GOALS AND ARE GIVEN A LINK TO YOUR FUNDRAISING PAGE WHICH YOU CAN CUSTOMIZE IN MANY WAYS.

**HELP BUILD HOMES, COMMUNITIES AND HOPE WHILE
STEPPING UP YOUR NEW YEAR'S RESOLUTION!**

**Register
online at: HFHRUN.ORG**

Presented by:

**BARNES-JEWISH
St. Peters Hospital**



**Progress West
Hospital**

BJC HealthCare