



News From: Habitat for Humanity of St. Charles County
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Get Fit, Give Back with Resolution Run
Habitat for Humanity of St. Charles County and BJC HealthCare
team up for virtual event to connect fitness with charitable giving

ST. PETERS, Mo. (Feb. 4, 2020) – Have you been looking for a way to “step up” your fitness resolution for the New Year? The Resolution Run, Habitat for Humanity of St Charles County’s annual event, is a virtual race in which participants set their pace and personal fitness goals by tracking fitness progress on their own personal, wearable fitness-tracking devices. If participants don’t have, or don’t wish to use a fitness tracking device, a free app is available for download on any iOS or Android smartphone. In addition, offline workouts may be uploaded.

The Habitat for Humanity of St. Charles County’s Resolution Run runs through February 26, which provides participants with more time in which to track and achieve personal fitness goals. A fun, virtual map allows participants to measure their progress and compete against themselves or other participants.

Resolution Run by Habitat for Humanity of St. Charles County is in collaboration with and presented by Barnes-Jewish St. Peters Hospital and Progress West Hospital of BJC HealthCare. Proceeds from the event supports Habitat for Humanity of St Charles County to create quality, affordable homes where families partner, build and buy and increase the number of families it serves in St. Charles County.

How can you participate in #ResolutionRun?

- Registration has been reduced to \$25 each, which includes a 2020 Resolution Run medal. A \$5 discount is available.
- To register online visit HFHRUN.ORG For more information, contact team@habitatstcharles.org

“We are excited to bring the Resolution Run to St. Charles County again this year,” said Michelle Woods, executive director, Habitat for Humanity of St. Charles County. “The event provides an excellent opportunity to integrate new or existing personal fitness goals, while providing support to Habitat for Humanity of St. Charles County in its mission to enhance lives, foster relationships and build the community one home at a time.”

About Habitat for Humanity of St. Charles County

Habitat for Humanity of St. Charles County builds safe, decent and affordable homes with hard-working families in St. Charles County. The nonprofit community-level affiliate acts in partnership with and on behalf of Habitat for Humanity, an international, non-governmental,

nonprofit organization devoted to building strength, stability and self-reliance through shelter. Habitat for Humanity of St. Charles County has built 89 homes for Habitat families since 1997, with more than 2,000 volunteers donating 14,000 hours each year.

Habitat for Humanity of St. Charles County offers a 'hand up' opportunity that transforms lives, builds a strong foundation and forges lasting relationships with communities for a bright future. Applicants and co-applicants selected for a Habitat home agree to perform a minimum of 150 "sweat equity" hours each, for a total of at least 300 hours, in the building of their home or other Habitat projects. In collaboration with community partners, Habitat for Humanity of St. Charles County offers free financial coaching and skills to potential homeowners through the Homebuyer Readiness Program, in which participants learn about credit, debt, budgeting, setting goals and saving money. In addition, the organization guides homeowners through an affordable mortgage repayment process.

To help fund and support these efforts, Habitat for Humanity of St. Charles County operates Habitat St. Charles ReStore habitatstcharles.org/restore/ a retail outlet located at 186 Mid Rivers Center in St. Peters. ReStore, which opened in 2007, has diverted over 100,000 tons of waste from local landfills by selling donated new and used building materials, appliances, furniture and select home goods items back to the general public at fair prices. Funds raised allow Habitat for Humanity of St. Charles County to be self-sustaining, with nearly 100 percent of every dollar donated going directly toward building simple, decent, affordable homes for deserving families in St. Charles County.

In addition, Habitat for Humanity of St. Charles County hosts the annual Frame the Future Gala as its premier fundraiser in November, a trivia night each spring and sponsors Women Build, an international effort to empower women to help families build strength, stability and independence through hands-on learning.

About Habitat for Humanity International

Driven by the vision that everyone needs a decent place to live, Habitat for Humanity began in 1976 as a grassroots effort on a community farm in southern Georgia. The Christian housing organization has since grown to become a leading global nonprofit working in local communities across all 50 states in the U.S. and in more than 70 countries. Families and individuals in need of a hand up partner with Habitat for Humanity to build or improve a place they can call home. Habitat homeowners help build their own homes alongside volunteers and pay an affordable mortgage. Through financial support, volunteering or adding a voice to support affordable housing, everyone can help families achieve the strength, stability and self-reliance they need to build better lives for themselves. Through shelter, we empower. To learn more, visit habitat.org

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