



Go Solo or Create Teams!

Have fun & have a healthy competition between ministries, zones, family & friends!

**First Mount Zion Baptist Church
1st Annual
Healthy Start
Mind & Body
Virtual 5K Run/Walk**

September 24, 2020 - 6PM
Through
September 26, 2020 - 6PM

Register Today - Sept 1st @ www.fmzbc.com

Join us for the First Mount Zion Baptist Church - 1st Annual Healthy Start Mind & Body Virtual 5K (3.1 miles) Run/Walk!

Please choose the date and location you will run or walk between Thursday, September 24th through Saturday, September 26th. Run or walk on your favorite jogging/walking trail, your neighborhood, or wherever you desire. The run/walk must be completed in one session. Please use the race joy app explained in the material you will receive once you register, explaining how to track and submit your timing results.

Registration is open today through September 1st. Please open the link below to register:

<http://runsignup.com/Race/VA/Dumfries/HealthyStartMindandBody5K>

The registration fee for each participant is \$12. The fee includes your registration and a wonderful swag bag you will receive with your t-shirt, race bib, medal and other great items inside.

Have fun during this event! Go solo or create teams (friendly competition) between ministries, your zones, family or friends. Always practice safety. A training video and literature is available on the FMZ website. Please wear the event t-shirt and race bib provided to display unity, take plenty of photos during and after the event and send them to our FMZ Facebook page with the hashtag #RunFmz. There will be a link/library available at a later date to upload your photos for an upcoming presentation.

There will be awards given to the first top three in each age group below.

Age Groups:

19 & under, 20-30, 30-40, 40-50, 50-60, 60-70 and 70 & over.



Contactless pickup of your swag bag:

Location: First Mount Zion - Door A

Date: [Saturday, September 19](#), 2020

Time: [10AM-Noon](#)

We thank you in advance for your support and participation!
God bless you.

For additional information please contact:

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or [703-670-0184](tel:703-670-0184)

Rev. Brian Woolfolk - Bdwoolfolk@verizon.net

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