



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

**Registration begins August 1 and ends on September 1, 2020**

**Sponsored by:**

Small Groups Ministry in partnership with the 'CORE' and 'Fit by God Ministries'

**What?**

A **virtual walk/run** to raise awareness of how keeping our mind and body active, leads to a healthy life with positive contributions to the community. We should: 1) Exercise; 2) Eat Healthy; 3) Think Positive; 4) Be Sociable; 5) Keep our minds active; 6) Learn and share new things

**Who?**

Any walker or runner (your family, church members, or friends can join us). Make this fun! Go Solo or Create Teams and have a healthy competition between ministries, family and friends!! Please follow the safety and social distancing recommendations by the CDC.

**When?**

Thursday, September 24, 2020 (6 p.m.) through Saturday, September 26, 2020 (6 p.m.) Choose which day you will Run or Walk. The 5K (3.1 miles) can't be tracked in intervals and must be completed in one session.

**Where?**

Your Time, Your Place (Virtual). Run or walk on your favorite jogging trail, in your neighborhood or wherever you desire. During your Run/Walk, Please wear the event T-shirt provided to display unity, take photos and share them with your name, or the team name of your friends, family, or ministry using the FMZ Facebook page hashtag, #RunFMZ. There will be a link/library to upload photos. A video presentation will be shown at a date TBD.

## How & How much?

Arsenal Events, Race Timing & Management will provide registration, electronic timing and encouragement for each participant. **The 5K Virtual Run/Walk is \$12 per participant.**

**Please use this link below to register and set up your account:**

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

Once you have completed your Run/Walk, there are two options for submitting the race time results (s) for each participant.

1. Through an app called Race Joy that FMZ has added to make your run/walk experience fun, easy and exciting! The **Race Joy app must be downloaded onto each participant's cell phone** (Race Joy app does not work with Apple or Android watches, Fitbits, etc). Don't worry about sending in your results-- we'll automatically receive it. The app offers real-time live tracking, progress updates and cheers!
2. You may log back into your account and submit your results. Click "Results" on the top right of the race website. Click on "Submit Virtual Results" and you will be able to personally submit your race results.



Come out and enjoy a nice **SOCIAL DISTANCE** run/walk as we promote a healthy lifestyle to **JUMP START** the Fall Season to a **HEALTHY START!** Don't forget to take photos!

## Additional Details?

Please contact Stephanie M. Craddock - [Scraddock@firstmountzionbc.org](mailto:Scraddock@firstmountzionbc.org)  
or call 703-670-0184

