

## 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 all of January.  
Start training NOW!



Questions?

[team@habitatstcharles.org](mailto:team@habitatstcharles.org)

[www.habitatstcharles.org](http://www.habitatstcharles.org)

**REGISTER TODAY!**



Participate **WHERE** you can,  
**WHENEVER** you can!

January 1, 2019—January 31, 2019

**Registration \$35.00**

Long Sleeve T-Shirt Included

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



**ProgressWest**  
Hospital

**BJC** HealthCare



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Hospital

BJC HealthCare

### Finish Line Sponsors:

**community**  
**STRONG**

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for \$1,000**

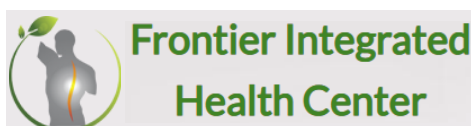
### FEEL THE BURN Sponsors:



QUICKHITFIT.COM



### FIND YOUR STRIDE Sponsors:



**\$250**

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push, registration link)

### STEP COUNTING Sponsors:

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**\$100**

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