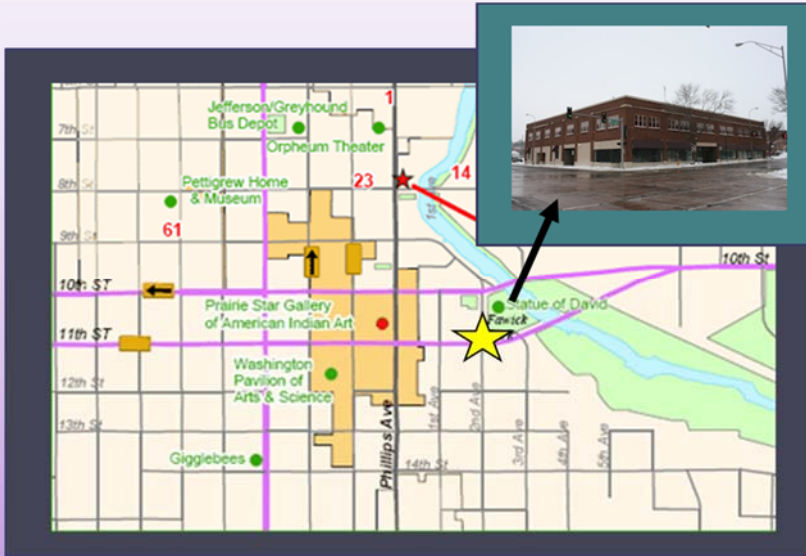




CENTER OF HOPE

The Center of Hope is a
place where you can come
to be listened to,
encouraged and refreshed.

Location



225 E. 11th St., Suite 101
Sioux Falls, SD 57104
(located at 11th Street & 2nd Avenue)

Open Hours
Monday-Friday

11 a.m. – 5 p.m.

Phone: 605-334-9789

www.centerofhopesf.org

www.facebook.com/centerofhopesf

The Center of Hope is a 501(c)(3) non-profit ministry



CENTER OF HOPE



Walk & Ride
Challenges

Accept the Challenge!

Every day Center of Hope helps the guests who come through our doors get through difficult life challenges.

This summer we want to challenge you! You can help people who are in those difficult life circumstances by participating in either or both of the **Walk & Ride Challenges!**

This fitness challenge is a fun and beneficial way for you to challenge yourself to better health. Those who accept this challenge are encouraged to also challenge your friends to participate! Not only will you have fun and get fit, but you will make a difference in peoples lives.

All who complete their chosen challenge(s) will be in the drawing for fun prizes. See the rules to the right for how the challenges work.

Walk & Ride Challenge Levels

	1 Month	6 Months
Categories	Walk	Ride
Beginner	50 Miles	500 Miles
Intermediate	85 Miles	1500 Miles
Experienced	120 Miles	3000 Miles

When: Walk Challenge. June 1 to 30, 2018
 Ride Challenge. April 1 to Sept 30, 2018

Registration: Will open March 1, 2018

Cost: Choose one or both challenges!

1. One challenge: \$20 per person
2. Two challenges: \$35 per person

Instructions

1. Register at www.centerofhopesf.org/events.
2. Select the challenge(s) in which you will participate and your distance goal.
3. Pay your registration fee.
4. Download [MapMyFitness](#) app onto your smart phone.
5. We will send you a link to join the challenge(s) you requested.
6. Workouts will be tracked via [MapMyFitness](#) and Center of Hope will automatically receive notifications as you complete workouts and add them to your mileage. Only those workouts logged through this app will be accepted.
7. You can begin tracking your workouts on the day the challenge begins.
8. Should you forget to track your workout, you can also log it manually.
9. Take selfies of your walks or rides, and share them with [#centerofhopesf](#) or [email](#) to us and we will post them on Facebook as well as publicly track our leaders.
10. Nominate others to take the challenge: For example post on social media something like this and fill in your friends' names to issue the challenge to them:

I've accepted the Center of Hope "Walk & Ride" fitness challenge. I now nominate @friend to also accept this challenge. You've got from June 1-June 30 to walk your preferred number of miles; or from April 1-Sept. 30 to pedal your preferred number of miles. A third option is to make a donation to Center of Hope (it's a great cause and you can do it right from your easy chair).

11. Have a fun and fit summer!
12. Prize winners for the Walk Challenge will be announced July 10. The winners of the ride challenge will be announced October 10. You do not need to be present to win.

