ABOUT #WalkRunRide2Moon

As per tradition, we hold an annual walkathon near the date of the Mid-Autumn Moon Festival to celebrate unity and compassion. Walk, Run, Ride to the Moon (#WRR2Moon) is a hybrid fitness fundraiser that combines personal fitness with charity. You, your friends, and your family are connected through the activity with a collective goal to exercise and stay healthy.

Your participation will support Self-Help for the Elderly’s goal in providing a variety of programs and services to respond to emergency circumstances, enabling the care for the seniors’ health and safety.

Self-Help for the Elderly is a non-profit organization that promotes independence, well-being, and dignity for older adults through culturally aligned services and programs in the San Francisco Bay Area. We serve over 40,000 older adults each year in San Francisco, San Mateo, Santa Clara, Alameda, and Contra Costa counties.

JOIN OUR IN-PERSON & VIRTUAL EVENTS

- **SAN FRANCISCO LONGEVITY WALKATHON**
  Saturday, September 10, 2022
  Portsmouth Square @ San Francisco Chinatown

- **SAN MATEO AUTUMN MOON FESTIVAL**
  Saturday, September 17, 2022
  Central Park @ San Mateo Downtown

- **VIRTUAL WRAP-UP PARTY**
  Thursday, September 22, 2022
  RSVP to obtain zoom meeting login

GET YOUR WalkRunRide2Moon T-SHIRT

All registrants who contributed $70 (adult age 18 – 59) or $35 (youth under 18 or senior age 60 and up) will receive a 2022 #WalkRunRide2Moon T-Shirt. T-Shirts are available for pick-up at Self-Help for the Elderly service locations in San Francisco, San Mateo, Millbrae, and San Jose.

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**OUR COLLECTIVE GOALS**

| Fitness Goal | 150,000 miles |
| Fundraising Goal | $150,000 |
| Registration | starts August 21, 2022 |
| Activity Period | From August 21, 2022 to September 18, 2022 |

SCAN THE QR CODE BELOW TO PARTICIPATE

www.charityfootprints.com/SelfHelp

REGISTER DONATE
## CONNECT WITH US ON SOCIAL MEDIA

Follow Self-Help for the Elderly on Facebook, Twitter and Instagram for the lastest weekly challenges instructions and prize announcements.

<table>
<thead>
<tr>
<th>#</th>
<th>PERIOD</th>
<th>CHALLENGES</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>8/21 − 8/28</td>
<td>Overall Largest Team (Top 1) (The highest number of registrants by 08/28/22 at 12:00 AM)</td>
</tr>
<tr>
<td>2</td>
<td>8/21 − 8/28</td>
<td>National Dog Day is August 26th Top 3 Most Interesting Dog Picture (Photo needs to post on Scrapbook inside Charity Footprint App)</td>
</tr>
<tr>
<td>3</td>
<td>8/29 − 9/4</td>
<td>Top 3 Most Activity Points (The highest number of points by 09/04/22 at 12:00 AM)</td>
</tr>
<tr>
<td>4</td>
<td>9/5 − 9/11</td>
<td>Top 3 Distance (Walk &amp; Run) Top 2 Cyclists (Ride) (The longest path made during the week from 9/4 to 9/11)</td>
</tr>
<tr>
<td>5</td>
<td>9/12 − 9/18</td>
<td>6 Lucky Raffle Winners (Drawn at 9/22 Virtual Wrap Up Party)</td>
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</tbody>
</table>

## FOLLOW THESE STEPS TO REGISTER

**STEP 1:** Go to [www.charityfootprints.com/SelfHelp](http://www.charityfootprints.com/SelfHelp) and join the virtual fitness event by clicking the “Register” button. For a registration fee of $70/$35, you will receive a personalized fundraising page and a special edition of 2022 Walk, Run, Ride to the Moon T-Shirt.

**STEP 2:** Set up your fundraising page with your custom fitness and fundraising goals. You can participate in the event by walking, running, cycling or doing any exercises and activities that you preferred. Just log it! Consult our [ACTIVITY CONVERSION CHART](#) and [ACTIVITY POINT CHART](#) for more details.

**STEP 3:** Track Your Fitness Progress. Download Charity Footprints iOS or Android app. Click **HERE** to set-up your devices (Fitbit, Garmin, Apple Watch, Google Fit, Misfit, Strava).

**STEP 4:** Share your fundraising page with your network. Invite your friends and family to join you as a team, or to donate to your fundraising page.

Note: All participants need to register at [www.charityfootprints.com](http://www.charityfootprints.com) AND/ OR download the CharityFootprints application from **Apple App Store** or **Google Play Store** before participating in the “Walk, Run, Ride to the Moon”.

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Self-Help for the Elderly • 2022 Walk Run Ride To The Moon
CONTACT US
Event details and technical support, please reach out to:

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Or Scan QR code to be a sponsor with us

This is a partial list. We apologize for any omission of donors who contributed after publication.