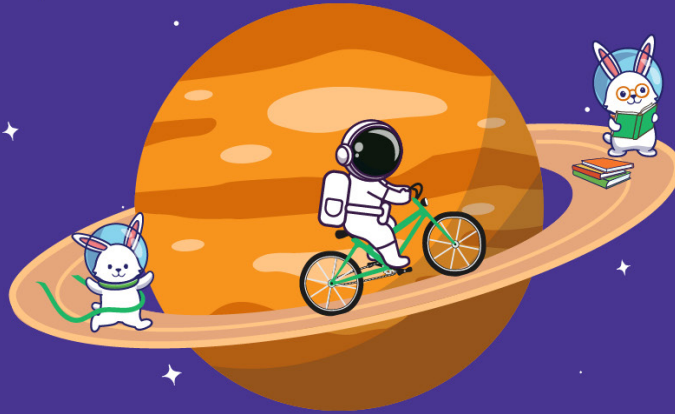




2022 WALK RUN RIDE TO THE MOON



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

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

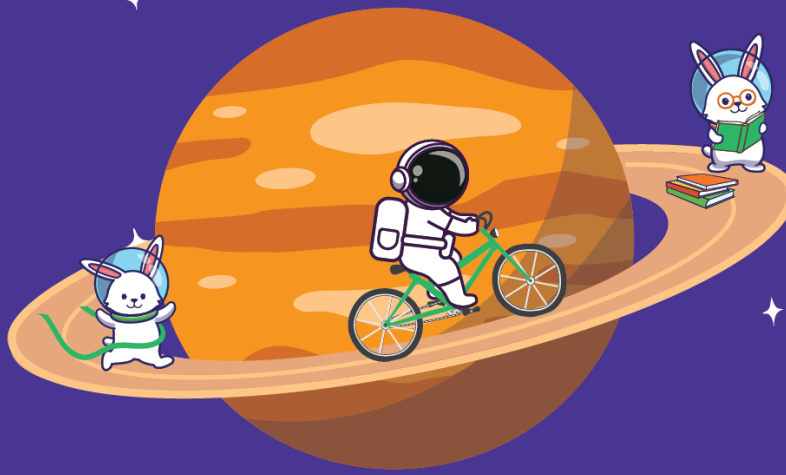


GET YOUR WalkRunRide2Moon T-SHIRT

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.



SCAN QR CODE TO PARTICIPATE



2022 WALK RUN RIDE TO THE MOON

CONNECT WITH US ON SOCIAL MEDIA

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



FOLLOW THESE STEPS TO REGISTER

STEP 1: Go to 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 AND/ OR download the CharityFootprints application from [Apple App Store](https://www.apple.com/app-store/) or [Google Play Store](https://www.google.com/play-store/) before participating in the “Walk, Run, Ride to the Moon”.

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



CONTACT US

Event details and technical support, please reach out to:

Catarina Lai

(415) 677-7670

catarinal@selfhelpelderly.org

Kammy Kwan

(415) 677-7594

kammyk@selfhelpelderly.org

MJ Jinghua Mai

(415) 677-7668

jinghuam@selfhelpelderly.org

For sponsorship opportunities, please contact

Jessica Cen

(415) 677-7669

jessicac@selfhelpelderly.org

Or Scan QR code to be a sponsor with us



TRAILBLAZER SPONSORS



MOONLIGHT SPONSORS

Hung On Tong, Society
順德行安堂



STARLIGHT SPONSORS



SPACE CAMPAIGNER SPONSORS



EVENT FOOD SPONSOR



MERCHANDISE PARTNER



MEDIA SPONSORS



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