

Exercise Your Heart
Uplift Others

120 Types of Brain
Tumors



WINKS CHALLENGE

With INTentional Kindness and Support

October 15th - December 15th

- Walk, Run, or Bike - Anywhere at Any Time
- Choose to Fundraise - Individual or Team
- Spread INTentional Kindness - Along the Way

120-Mile
Challenge

Walk/Run/Bike

\$41.20



INTentional
Acts of
Kindness

Free



5K

Walk/Run/Bike

\$31.20



All proceeds benefit WINKS, a 501(c)(3) nonprofit supporting
Brain Tumor Patients and Families



REGISTER NOW

<https://runsignup.com/Race/VA/Suffolk/WINKSChallenge>