

## **JOIN OR SUPPORT WOMEN OF TRIPLE P**

We invite you to join or support our Women of Triple P (Passionate, Polished & Perfected) Virtual Walk-a-thon. Please visit our website to learn more about Triple P.

[Sharing With Pastor Sheay](#)

### **REGISTRATION:**

Registration Starts: Thursday, July 20th

Registration Ends: Friday, August 11th

Once you have registered, you will receive a welcome email.

### **VIRTUAL WALK-A-THON STARTS**

Race Start Date: Thursday, August 10, 2023

Race End Date: Friday, September 8, 2023

### **ANYONE CAN PARTICIPATE:**

Individual / Group / Family

Feel free to give your Group or Family a team name.

**NOTE:** Each individual, including those in a group or family team, must walk 30 miles.

**SIGN UP AND GET YOUR FAMILY/ FRIENDS TO SIGN UP TOO!**

### **WHERE DO I PARTICIPATE**

The race can be completed at your neighborhood park, on your block, at the gym, on a treadmill or stationary bike in the privacy of your home. You can even use a workout video

**NOTE:** 2,000 steps = 1 miles

### **HOW TO COMPLETE YOUR VIRTUAL RACE**

Post your progress daily once you have received the welcome email and link to sign up for the results form. **NOTE:** Results must be posted by September 10, 2023

### **LET'S CELEBRATE OUR TRANSFORMATION**

Submit Purposefully Fit posts by email to [TriplePcharitablecontributions@pastorsheay.com](mailto:TriplePcharitablecontributions@pastorsheay.com)

We'll update our blog with your:

- Favorite words of encouragement
- Affirmations
- Photos
- Scriptures
- Inspirational music
- Workout tips

**BE CREATIVE AND HAVE FUN!**

**Disclaimer:** Women of Triple P reserve the right to determine if a post or photo is inappropriate.