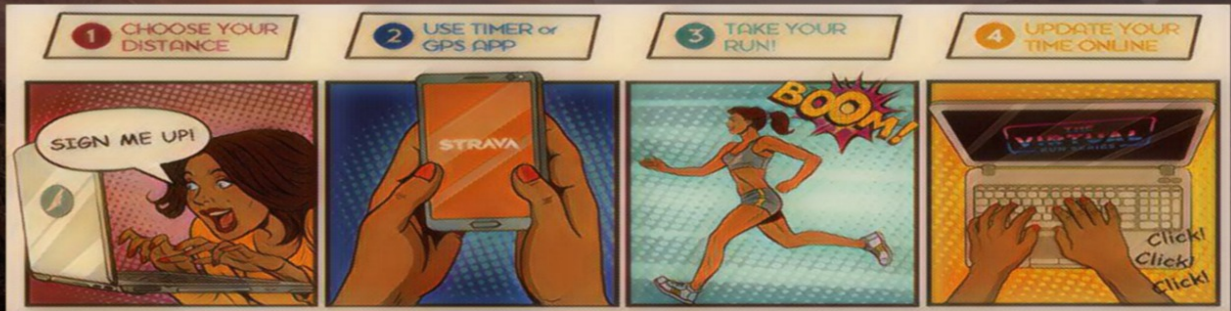




**"Time To Get Fit"  
Walk, Run, Bike,  
With MCNAACP!  
Signup @ the link below.**



- 1 CHOOSE YOUR DISTANCE**  
A woman is sitting at a computer with a speech bubble that says "SIGN ME UP!".
- 2 USE TIMER or GPS APP**  
A pair of hands holds a smartphone displaying the STRAVA app.
- 3 TAKE YOUR RUN!**  
A woman is running, with a "BOOM!" sound effect bubble.
- 4 UPDATE YOUR TIME ONLINE**  
A pair of hands is typing on a laptop keyboard. The laptop screen shows "VIRTUAL RACE" and the text "Click! Click! Click!" is written next to the hands.

**Join us as we  
virtually race  
through the Grand  
Canyon.**

**Website to start:  
<https://mcnaacp1049.racery.com/r/time-to-get-fit-walk-run-bike-with-mcnaacp/>**

**Questions? Call Vicky  
MCNAACP Health Chair  
(831) 383-4436**