



The Lake Auburn Half Marathon & 5K (LAHM) committee has exciting news to share- the 9th running of our event is on track to be a reality on September 13th! We recently received approval from the City of Auburn to move forward with the permitting process and everyone is very optimistic that we will be able to see you in person at our starting line!

Once again, we have selected the local nonprofit **Moving ME Forward** as our 2020 race beneficiary. For those of you who may not be familiar with this incredible organization, **Moving ME Forward** has been a catalyst for social change in the area of health in wellness in our community and beyond since its inception in 2012. A key component of Moving ME Forward's mission is creating a ripple effect by "Helping Others Give Back the Gift of Health".

During these odd times, **Moving ME Forward** is promoting a "virtual" 10 week wellness challenge beginning on July 5th, that will correspond with the number of weeks leading up to the "reality" of this year's Lake Auburn Half Marathon & 5K starting line!

The purpose of the "Virtual to Reality" challenge is to educate, inspire and facilitate opportunities for folks in our community and beyond to try new activities that promote health and wellness, and most importantly, to have some fun along the way!

In partnership with **Moving ME Forward**, we will be providing Lake Auburn Half Marathon & 5K participants' weekly updates about the challenge of the week. Regardless of where you are in your health and fitness journey, we are certain that you will find some, if not all of these challenges to be of interest. You are not required to complete all 10 weeks...just jump in wherever you would like and encourage your friends and family to join you!

While you are participating in these weekly challenges, have fun and be sure to document your experience with a photo or short video. By posting your photo/video on Facebook and tagging the Lake Auburn Half Marathon and #10WeekstoWellnessChallenge you will be entered into a weekly drawing for some great prizes.

Weekly prizes include:

- \$100 Lamey Wellehan Gift Card
- A Polar heart rate monitor
- LAHM and other running/walking swag

Be Well and Keep Moving Forward!

