



# MOVING BY FAITH 2018 CHURCH OLYMPICS & FAMILY FEST



“This year, put on your best walking shoes, we are taking  
***“The Long Walk to Freedom”***  
from Minneapolis to Canada with three stops along  
the Underground Railroad

**EXTRA, EXTRA POINTS FOR 2018 CHURCH OLYMPICS**

**WALK from Minneapolis, Minnesota to Ontario, Canada  
1,687 miles / 3,374,000 steps**

## RULES

1. If the pastor(s) participate your congregation automatically earns **20 points**. You can also earn an additional **20 points** if you have a youth team.
2. Each congregation can have two teams (**choose a name for each team**) of **5 adults and 5 youth** that record and submit a signed log.
3. Each congregation will earn **an additional 5 points each week** for the pastor that wears a pedometer and records steps each day for that week. **Approximately 2,000 steps = 1 mile.**
4. In additional, the pastor or site coordinator will recruit walkers for a team from the congregation to wear a pedometer and log steps for six weeks.
5. The activity for each week **MUST BE SUBMITTED TO THE DIRECTOR OF PROGRAMS BY THE DATES LISTED BELOW.**

**The challenge is to see if your team can walk to Ontario, Canada**

**100 POINTS** if your team makes it to Ontario, Canada

**75 POINTS** if your team makes it to the free state of Greenwich, New Jersey (1,325 miles or 2,650,000 steps)

**50 POINTS** if your team makes it to the free state of Philadelphia, Pennsylvania (1,277 miles or 2,554,000 steps)

**25 POINTS** if your team makes it to the free state of Cincinnati, Ohio (705 miles or 1,410,000 steps)

<b>The six-week challenge begins Sunday, June 10 – Saturday, July 21<sup>st</sup></b>	
Week 1 – June 10 – June 16	Week 4 – July 1 – July 7
Week 2 – June 17 – June 23	Week 5 – July 8 – July 14
Week 3 – June 24 – June 30	Week 6 – July 15 – July 21