



MILES FOR MOOLAH

Scholarships for Future Healthcare Professionals

Team Fitness is Medicine was started by ACMS (Arlington County Medical Society) to promote fitness and health in our community. We band together to MOVE and raise awareness/funds for a good cause.

MILES FOR MOOLAH

JOIN US to fundraise for the ACMS Foundation Scholarship Fund (supporting future healthcare professionals) during the weekend of **Fri April 29 through Sun May 1**.

We encourage you to use any form of movement where distance is trackable: Peloton bike, stationary bike, Zwift, outdoor bike (e.g. Strava, Garmin, etc.), walk, run, treadmill, elliptical, rower, swim, etc. We count the TOTAL distance during this 3-day event! (You can even mix and match)

Post your pictures, graphs and comments for accountability and FUN! Please keep track of your own pledges and donate at the end of the event at the given link. All amounts are welcome! Kids (w/adult supervision) are welcome too! Let's MOVE and have fun for a great cause!

Peloton users, please follow our team hashtag and send high fives! **#PelotonACMS**
For general social media: **#MilesForMoolah #FitnessIsMedicine #ACMScommunity**

INSTRUCTIONS:

Please register by Thursday April 28 (midnight) so we can track participation and event success.

FB Users:

Please join our [FB group page](#) "ACMS - Fitness is Medicine" and answer the 3 questions to enable joining.

Non-FB users:

Email your info to arcoms@starpower.net

- 1) Your full name
- 2) Your mileage goal – by the end of the event, you may have done more or less. You decide; it's your goal! *Some folks do more than they intend!*
- 3) Your method of movement measurable in miles (Peloton, stationary bike, outdoor bike, walking, running, swimming, etc.)

All miles count starting Friday April 28 starting 12:00 am (Thursday midnight)!

HAVE FUN MOVING - KEEP TRACK OF YOUR MILES AND TAKE PLENTY OF PICS FOR ACCOUNTABILITY AND FUN! Share on social media, on our FB group page or send them to us to share. Counting ends Sunday May 1 midnight (which is Monday 12:00 am).

After the event or when you are done logging miles, please collect your pledges (if any) and

- 1) donate the total sum to the [ACMS Foundation donation site](#). Any and all donations are greatly appreciated – we are using an honor system. We hope you reach your goals and have fun along the way!
- 2) Email us your results including how much you raised/donated or post it to the FB group page with pictures and graphs. We love all pics! All results/donations are due by Tuesday May 3 (noon). We may share some posts (also in our Journal) to acknowledge those who participated! THANK YOU!

Contact: arcoms@starpower.net

Donations: <https://secure.givelively.org/donate/arlington-county-medical-society-foundation>

