



Moving Forward in God's Mission: Virginia Annual Conference 2019 5K Walk, Run, Bike & Yoga

To live out the vision of Bishop Sharma D. Lewis and support the Annual Conference theme, *Moving Forward in God's Mission*, clergy, laity and guests are invited to participate in the 2019 Annual Conference 5K Walk, Run, Bike, and Yoga event on **Saturday, June 22 at 6:15 a.m.** The *Moving Forward in God's Mission* 5K will be an opportunity for fitness, fellowship and fundraising in the Roanoke City community. The event will raise funds for KIDS SOAR (formerly Community Outreach Program of Roanoke). Kids Soar is a Virginia Conference Advance Special and a direct service provider for children, youth and families of poverty in inner-city Roanoke. For over 30 years, this UM mission has addressed the basic needs of poverty by teaching skills, and providing opportunities for growth and education for a successful future. A special emphasis of Kids Soar is literacy -- so donations of new or gently-used books appropriate for children grades K-5 are also being collected. Books may be dropped off in the Special Events Center at the 5K registration area and on Saturday morning at the event sites. The opportunity to add a donation to the participation fee will be available during the registration process. All members of Annual Conference, their guests and local church members are encouraged to sign up for one of these activities.

1. Moving in God's Mission outside - Participate in fitness and fellowship while walking, running or biking 5 kilometers (3.12 miles) along a part of the Roanoke City Greenway. A prayer labyrinth during the 5K will be available for your use. Children (accompanied at all times by an adult) are welcome to participate. Pets (except service animals) are discouraged. This is not intended as a race and will not be officially timed.

2. Moving in God's Mission inside - Chair Yoga, a modified form of yoga, focusing on its meditative/spiritual core and utilizing the mind/body connection, is perfect for all levels of abilities but is especially good for those with stability issues and looking to start slowly and confidently. To be held at the Blue Ridge Hotel.



Cost is \$20. Registration is now open at: <https://www.eiseverywhere.com/414684>.

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