



Week of June 1: H is For HASHTAG



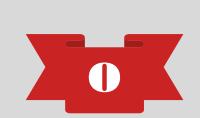




Post it on social media with #GoTheSocialDistance @RNR2020.

Week of June 7: O for OUTSIDE!

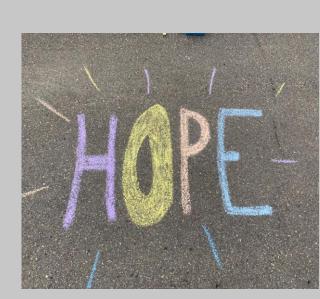






When you walk or run your 5K, can you find one of our Road Signs in Concord? Take a picture and send it to us!

Week of June 14: P is for PLAY

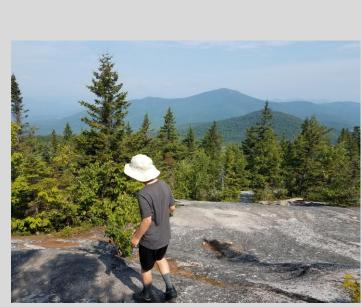




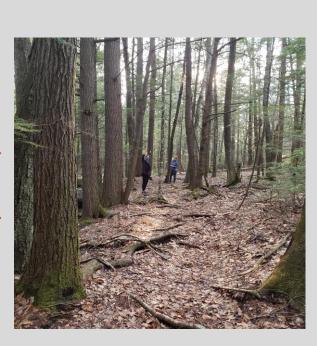


Design a creative HOPE message, send it to us!

Week of June 21: E is for EXPLORE!







Explore using safe social distancing! Check out the routes on our site!

A guide to the game: all submissions can be posted on our community Facebook page: Rock 'N Race for Payson Center for Cancer Care. When you have completed each task in the month, send an email to: schase@crhc.org with the word HOPE in the subject line. You will be entered into a drawing for local gift certificates. We are using the HONOR system. Good luck and have fun!