

# The 22nd TREK for TECH Experience

This year we have enhanced the TREK for TECH experience so that everyone can participate safely as a family or on their own. We are offering more fun and challenging opportunities, from the One Mile Fun Run and 5K Race to the FIT for TECH Fitness Challenge, all culminating in an exciting Awards Show & Trivia Game. Register for the 22nd annual TREK for TECH experience and help raise money for Lakehill's Technology needs!

**2020  
TREK  
FORTECH**

LAKEHILL PREP

## TREK FOR TECH VIRTUAL ONE MILE FUN RUN & 5K RACE

This year, our races will be run virtually and you will log your race times manually on **GetMeRegistered.com**. To qualify for an award, you must upload an image of your time from your personal fitness tracker (Garmin, FitBit, Starva, etc.). This year the One Mile Fun Run is a timed event. Awards will be given to fastest student (girl and boy) and adult (male and female) in the One Mile Fun Run and 5K Race. For adults, the awards will be determined by age group as usual. **Races must be run the week of November 1-7.** \$30 per person includes the official TREK t-shirt and Awards Show & Trivia Game.

**2020  
FIT  
FORTECH**

LAKEHILL PREP

## FIT FOR TECH 21-DAY FITNESS CHALLENGE

NEW THIS YEAR! For those not inclined to race, we are offering a 21-day 'active minutes' fitness challenge. Track your minutes for a scheduled walk, run, swim, cycle, yoga or other fitness activity and log your minutes on **ChallengeRunner.com**. You can upload your minutes manually or set up an automatic upload by registering your personal fitness tracker (Garmin, FitBit, Starva, etc.). Awards will be given to the fittest student (girl and boy) in each grade. For adults, the awards will be determined by age group. **The Fitness Challenge will run from October 17-November 6.** \$30 per person includes the official TREK t-shirt and Awards Show & Trivia Game.

**2020  
AWARDS &  
TRIVIA GAME**

LAKEHILL PREP

## AWARDS SHOW AND TRIVIA GAME

NEW THIS YEAR! One of the special parts of TREK for TECH is to gather together in person as a Lakehill family on the parking lot on Race Day. Unfortunately, that will not be possible this year so we'll do the next best thing – *gather online by Zoom* to celebrate our race and fitness challenge winners, announce the raffle prize winners and to play a super fun Lakehill-inspired Trivia Game. You won't want to miss this! **Purchase of Awards Show & Trivia Game ONLY also includes the official TREK t-shirt.** \$30 per person.

**Learn more details and register for your  
exciting TREK for TECH experience at:  
[GetMeRegistered.com/TREKforTECH](https://GetMeRegistered.com/TREKforTECH)**