



THIS ISN'T JUST A WALK—IT'S A MOVEMENT!

“Because the ability to walk a quarter mile shouldn't determine your lifespan.”

September 1, 2025 - March 30, 2026

Join Catch the Wave!

A Community Wellness Project

Download the free CharityMiles.org App to help create a team of 100 LifeWave Members to log 5,000+ miles and raise funds for nonprofits that help to heal our community - through just the power of your daily walk, run, or ride!

Join the “Catch the Wave Team and start tracking your miles today!

CharityMiles.org

**Organize a group for prizes (three or more).
Group Leaders share pictures of your event
and distance traveled to win. Send Email to
Info@RiseWithPamela.com Mondays by 12pm!**



One in five adults age 18-44 experiences progressive knee pain, a leading cause of disability. In adults age 50+ difficulty in walking a qtr mile is a strong indicator of mortality & high healthcare cost!



HOW TO DOWNLOAD THE CHARITY MILES APP AND JOIN THE CATCH THE WAVE TEAM!

SEPTEMBER 1, 2025 – MARCH 30, 2026



1. Download the App

- Scan the QR Code or click the Charity Miles link on flyer.
- Or visit the App Store Store & Search for Charity Miles.
- Tap “Get” or “Install”.



2. Create an Account

- Sign up with Apple, FaceBook, or email.
- Enter required info as prompted.
- Click Flying Solo.



3. Choose a Charity

- Pick a charity you want to move for.
- There are hundreds to choose from.



4. Join the Catch the Wave Team

- After “Your sponsorship page is ready”, Tap the “Team” icon (looks like 3 people at the bottom of the screen).
- Search for “Catch the Wave” and Select “Join Team”.



5. Start moving!

- Select the bullseye icon at the bottom of the screen.
- Pick your indoor or outdoor activity.
- Tap “Start” to track your distance, & “Finish” when done!