



THE AMERICAN LEGION

DEPARTMENT OF NORTH DAKOTA

ND AMERICAN LEGION VETERANS AFFAIRS & REHABILITATION COMMITTEE
405 West Main Ave., Suite 4A, West Fargo, ND 58078

Media Contact: Amy Wieser Willson, amywieserwillson@gmail.com

FOR IMMEDIATE RELEASE

Virtual Step Challenge to Raise Money for North Dakota Veterans

FARGO, North Dakota (May 7, 2018) — A North Dakota American Legion group announces a Step for Veterans event that will raise money for homeless veterans in the state. The Veterans Affairs & Rehabilitation Committee is hosting the event that can be done from any location through July. Participants and teams will compete to see who completes the most steps in the month, and all proceeds will go to support veterans' causes.

An inaugural event in March raised nearly \$1,000, which has been used to purchase personal care items, from shampoo to socks, for men and women who served their country but are now without permanent housing.

“Our first event was relatively small and served as a trial run,” said Summer Kristianson, Veterans Affairs & Rehabilitation chairwoman. “We’re ready to take our efforts further and roll out this event to more across the state who would like to help veterans while participating in some friendly competition.”

Veterans Affairs & Rehabilitation is one of four pillars of the American Legion. The North Dakota committee has worked to prevent suicide and raise awareness of post-traumatic stress through past work, including the Courage Carries On campaign. Beyond billboards, videos and brochures, the campaign included a fundraising bike ride across the state that encouraged veterans, who had the courage to serve their country, to have the courage to ask for help when they’re experiencing symptoms resulting from their military service.

“From the Courage Carries On campaign to the Steps for Veterans events, we’ve been focused on activities that not only raise money and awareness, but that also promote healthy activities and connections with others,” said Jim Deremo, former committee chairman. “We really feel this is a key component to helping veterans heal from the emotional wounds of war and military sexual trauma.”

Those who would like to support veterans can sign up at <https://www.eventbrite.com/e/july-step-challenge-tickets-45086706553?aff=es2>. Once registered, participants will receive a Challenge Runner account via email that allows them to sync their steps from a smart phone or fitness

watch and then see in real-time where they rank in the competition. Everyone who registers by June 30 will receive a drawstring bag, and prizes will be awarded to the top three steppers at the end of the competition.

For more information, email the committee at ndlegionvar@gmail.com.

###

To Register

Go to <https://www.eventbrite.com/e/july-step-challenge-tickets-45086706553?aff=es2> and purchase a “ticket” for \$25. Upon registering, participants will receive an email within three business days that connects them to a Challenge Runner account. Any fitness tracking app — from ones on smart phones to Fitbit and Garmin watches — will quickly sync with the account to automatically track the user’s steps. For more information, contact the Veterans Affairs & Rehabilitation committee at ndlegionvar@gmail.com.