



Family Fitness Night & Community 1-Mile Run/Walk



This is a new event this year...and it's **FREE!** Because we can't use the high school track for our usual Spring Fun Run, we are combining Fun Run with a Parent Education Night and have come up with a new and exciting event. The PTA will host a Family Fitness Night where 1st-6th graders can earn mileage club credit, then the entire family can participate in a fitness fair, followed by a community one-mile run or walk on the high school cross country trail.

Thursday, May 19, 2011

Come Dressed to Participate!

5:30-6:00 pm:

**Check-in (east side of high school)
and mileage club participation**

6:00-7:00 pm:

Family Fitness Fair
demonstrations will include:

- Yoga
- Martial arts
- Boot camp
- Nutrition

7:00-7:30 pm:

1-mile community run/walk

If you have any questions please contact
Kelly Preston at 290-0064 or KJPreston@capitalsteel.net

DeWitt Elementary

PTA®

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Sponsored by:

House Calls Veterinary Hospital

Kristen M. Stallings, D.V.M. (owner)
14080 Wright Road
Eagle, Michigan 48822
Phone: 517.626.6900
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EMA

Emergency Medical Associates



Family Fitness Night and Community Walk

Turn this form into the school office for early registration!

Waiver: By submitting this entry form I hereby for myself, my heirs, and my executors, waive and release all rights and claims for damages I may have against DeWitt Public Schools and all their departments and all sponsors and race management organization, for any injuries I may suffer in this event. I attest that I have trained sufficiently to participate in this event and I am physically fit.

Family Name _____ Number of people attending _____

Signature _____ Date _____

All forms must be signed by a parent or guardian for each child to participate.