

Start Training and Register for the Just Move it! Challenge 2013\*!

Want to run/walk the 5K or the 1 mile race but don't know where to start? Visit [www.jmichallengeah.org](http://www.jmichallengeah.org) for a list of training resources for you and your family.

Not going to run or walk? We need volunteers! You can cheer on friends and family while helping out for education.

**When:** Saturday April 13, 2013

**Where:** South Middle School

7:30 – 10 AM Health and Fitness Expo **\*\*New**

8:00 AM 5K Run/Walk Start

8:45 AM Senior & Tot ½ Mile Stroll **\*\*New**

9:00 AM 1 Mile Run/Walk Start

10:00 AM Awards Ceremony

**Registration, Volunteering, and Event Details:** <http://www.jmichallengeah.org>

**RUN, WALK, DONATE OR HELP! Just Move it!**

**Contact your school representative, Judy Newman ([judy.ivyhillmom@gmail.com](mailto:judy.ivyhillmom@gmail.com)) or Diane Liigsoo ([dliigsoo.ivyhill@hotmail.com](mailto:dliigsoo.ivyhill@hotmail.com)) with questions or suggestions.**

\*All proceeds go to the Scholarship and Grant Fund, benefiting the education of School District 25 students through PTA scholarships and the ABC/25 Foundation Grant selection.