

Just Move it! Challenge Needs Volunteers and Offers Something for the Whole Family!

The Arlington Heights Council of PTAs and ABC/25 Foundation invite runners and walkers of ALL ages and abilities to participate in a 5k and 1 mile Run/Walk on **Saturday, April 13th** that combines fitness and fun for the entire family!

We NEED Volunteers! Over 80 volunteers are needed to make race day successful. Volunteers for street marshals and kids' activities can sign up for 1 hour time slots. Street marshals are needed for both the 5K and 1 Mile races; this is a great way to cheer on family and friends while they run or walk!

Just Move it! Challenge Scheduled Activities:

6:30 AM	Race Day Registration Begins
6:30-10 AM	Share Your Soles Shoe Drive: Donate clean, gently used shoes
7:30 and 8:30 AM	Pre-Race Warm-ups with Northwest Community Healthcare
7:30-10AM	Family Fun AND Health & Fitness Expo <ul style="list-style-type: none">• Minute to Win it! Challenges featuring favorite teachers and Pre-K Carnival games• Wellness 365 mini obstacle course, Crossfit Wheel of Health, Massage chairs and Tables, and much more!
8 AM	5K Run/Walk Start
8:45 AM	Senior & Tot Stroll Start
9 AM	1 Mile Run/Walk Start (three waves planned)
10 AM	Awards Ceremony

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

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

Show your support for Ivy Hill – wear school colors or spirit wear!

Contact your school representative **Diane Liigsoo** at dliigsoo.ivyhill@hotmail.com or **Judy Newman** at judy.ivyhillmom@gmail.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.