5th Annual Just Move it! Challenge Pre-Registration Deadline Thursday, March 31st!

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 April 16th that combines fitness and fun for the entire family!

Entry fees increase after Thursday March 31st and only participants who register by this date will be guaranteed a race t-shirt in their school color and size.

**\*\*Get out of state family involved this year!\*\*** New this year we are offering a Virtual Runner option. Encourage your friends and family from out of state to sign up for the race. We will mail them a bib and race t-shirt and they can run a 5k or 1 mile in their own home town! Let’s see how many different states we can get to run the Just Move It! Challenge with us this year!

**Don’t want to run or walk? Volunteer!** We need over 75 volunteers to make race day successful. You can help and still be a part of the fun!

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

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

**Contact your school representative Mary Goumas** [**mgoumas@sd25.org**](mailto:mgoumas@sd25.org) **or Pam Sloss** [**ipojsloss@gmail.com**](mailto:ipojsloss@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.