



FREE Training Sessions for Just Move it! Challenge

Whether it's your first race or your 100th, ALL Levels of walkers and runners are invited to **Runner's High 'n Tri** for FREE training sessions to prepare for the **Just Move it! Challenge*** on April 16th. Come to one or as many sessions as you'd like. Participants that attend all FIVE sessions will earn a chance to win great prizes

- When:** Saturdays, 9:30-10:30 AM
3/12, 3/19, 3/26, 4/2, and 4/9
- Where:** **Runner's High 'n Tri**, 121 W. Campbell Street, Arlington Heights
- Ages:** Youth and Adults
- Skill Level:** Runners, walkers, ALL skill levels are welcome!
- Prizes **:**
1. One pair of shoes professionally fitted by a **Runner's High 'n Tri** expert (Adult)
 2. One Timex watch (Youth)

*** Participants who attend all five sessions will be eligible to enter a drawing for the prizes above. One award will be given to an adult participant and one award will be given to a youth (17 & under). Prizes have been donated by Runner's High 'n Tri.*

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

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

Contact Mary Goumas (mgoumas@sd25.org) or Pam Sloss (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.*