



**Register now for the Just Move it! Challenge.** The Arlington Heights Council of PTAs and the ABC/25 Foundation invite runners and walkers of ALL ages and abilities to participate in a 5K and 1 Mile Run/Walk that combines fitness and fun for the entire family!

**When:** Saturday April 11, 2015

**Where:** South Middle School

7:30 - 10 AM Health and Fitness Expo

8:00 AM 5K Run/Walk Start

9:00 AM 1 Mile Run/Walk Start

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

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

Two participation awards will be given, one for elementary schools and one for middle schools. Last year Olive and South brought the trophies home to their schools - which schools will take them home this year? Show your school spirit on race day and buy this year's Just Move It! Challenge shirt with South on the back or wear other South spirit wear!

**Contact your school representative Amy Svoboda** [amysvo424@gmail.com](mailto:amysvo424@gmail.com) or **Kim Schmidt** [kimschmidt73@comcast.net](mailto:kimschmidt73@comcast.net) 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.