

Family Fitness Day and 5k Run/Walk

**Proceeds will benefit Utah
Substance Abuse
Prevention**

Date: August 29, 2009

Time: 9:00 am-1:00 pm

**Location:
MTC Learning Park
1750 Monroe Blvd. Ogden, Utah**

Pre-register by: August 14, 2009

Family Fitness Day:

- Booths, games, prizes and give-aways!
- Fun for the whole family!

5K Run/Gold Medal Mile Walk:

- \$15.00 for pre-registration
- \$20.00 for late registration
- Register before **August 14, 2009** to be guaranteed a T-shirt.
- Race begins at 9:00 a.m.
- Check-in and Day-of registration 8:00-8:50 am

**For more information or online registration go to
www.familyfitnessday.blogspot.com**



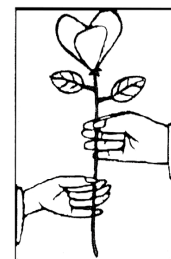
PRIZES

Awards given to the top finisher in each age division for the 5k Run

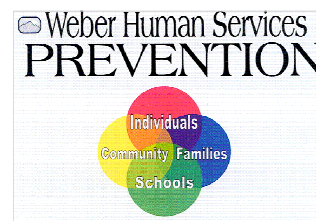


Sponsored by:

Weber Human Services



Foundation



Mail registration form and check/cash to the address below. Make checks payable to: Weber Human Services Foundation

Lana Schow- Prevention
237 26th Street
Ogden, UT 84401

Phone: 801-625-3755
Fax: 801-778-6824
E-mail: lanas@weberhs.org

Name _____

Address _____

Phone _____

Email Address _____

Sex _____ Age on race day _____

T-Shirt Sizes

Youth: S M L
Female: XS S M
Male: S M L XL

Signature _____ Date _____

Signature of parent or guardian if under 18 _____ Date _____