

Weber Human Services Prevention and Ogden Clinic present:

The Family Fitness Day 5k Run/Walk & 1 Mile Senior Walk Community Breakfast

Proceeds will benefit local Substance Abuse Prevention & Senior Corp Programs

Date: Saturday, August 27, 2011

Start Time:

Walkers 8:15 am

Runners 8:30 am

Check in/day of race registration:
7:15-8:00 am

Location:

MTC Learning Park
1750 Monroe Blvd.
Ogden, Utah 84401

Fee:

\$15.00 pre; \$20.00 late
Senior Walk (55 & up): No Cost!

Pre-register by:

Friday, August 12, 2011
to be guaranteed a t-shirt

Run/walk registration includes:

- T-shirt & Race bag
- One free raffle ticket
- Hot pancake breakfast
- Booths and games
- Live music from "Going Second"

Senior Walk registration includes:

- Free Registration
- Breakfast \$3 & T-shirt \$5 (optional)

For more information, registration & payment, or group rates go to:

www.familyfitnessday.blogspot.com

FREE MULTI-SPORT HELMET GIVEAWAY!

- ◆ TO THE FIRST 100 KIDS!
- ◆ Must complete the 1 mile walk (no cost)
- ◆ Will be directly after the walk
- ◆ Must be 6-16 years old
- ◆ Must be present

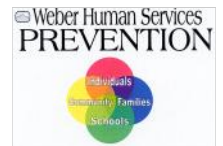


Naming Sponsor:



OGDEN
CLINIC

Partners:



Weber Human Services



Foundation



Community Members:

- Cheer on runners/walkers at the finish line
- Pancake breakfast \$3/person or \$10 for a family of four
- Booths and games
- Live music from "Going Second"
- Raffle tickets \$1 each

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

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

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

Name _____

Address _____

Phone _____

Email Address _____

Sex _____

Age on race day _____

T-Shirt Sizes (Circle One)

Female: S M L

Male: S M L XL XXL XXXL

Circle One: Run Walk Sr Walk
Group (5+) Group (10+) Individual

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____