



Walk to Wellness



Pinnacle's 3rd Annual 5K Race & 1 mile Fun Run is on Friday, May 20th.

Training begins on February 4, 2011!

Let's get ready for this event together.

You will receive:

- ◆ 1 hour of Group Walk/ Run Training
- ◆ 4 weeks of Walk/ Run Training Preparation
- ◆ 12-week Walk/ Run Training Program
- ◆ Core Strength Exercises
- ◆ Flexibility Exercises to Improve Walking/ Running Ability
- ◆ Registration Fee includes a FREE training t-shirt

Please NOTE: Students must attend with a parent/ guardian. Parents are welcome to join without their students. All participants must be over the age of 5. Questions? Contact Miss Lingle 583-3055 or elingle@pinnaclewny.org

Walk to Wellness Sign-up

Return to Miss Lingle by January 31, 2011

Student Name

Homeroom

T-shirt Size

Participant Name

T-shirt Size

Participant Name

T-shirt Size

Participant Name

T-shirt Size

Fees:

Student - \$10
Adults - \$15
Family of 4: \$40

Due by February 4, 2011.

