

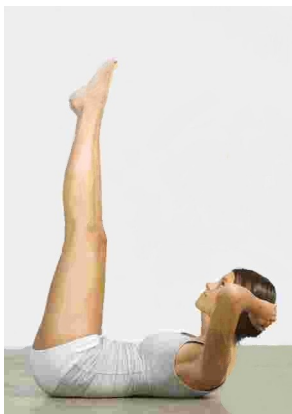
Couch to 5K Family Fitness

ages 13+

Train your body

M & W 7:30-8:30pm

From start to finish you will train your body to run or walk a 5K fun run. The one we have in mind is our beloved Tour de Terrace 5K happening July 25th. So get up off the couch and join Michele, your fearless coach, in conditioning and running exercises twice a week. Whether you want to beat your time from your last 5K or are interested in participating in a fun run for the first time we look forward to your joining the MLT team.



5/4 - 7/22

R \$190 N \$210



For more information or to register call the
Mountlake Terrace Recreation Pavilion
(425) 776-9173 or visit www.crazedigital.org

The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.

5K FUN RUN

All ages

Participate



Saturday July 25th 8:30am

Join the Cedar Way Elementary PTO and the Tour de Terrace in this annual fundraiser for CWE & other local public elementary schools.

Start a team: Create an Active.com site, choose a school to benefit and then invite friends and family, your youth group, church or other organizations to participate.

Volunteer: At the run to help with set-up, registration, start/end and manning the course.

Sponsor: Sponsorships start at \$50 for families and \$100 for companies.



\$25/ Participant *

\$20 / kid 6-17 yrs *

Free/ kid 0-5

* t-shirt included if registered by 7/9

To register for the run:

Contact MLTFunRun@cedarwaypto.org

or visit CedarWayPTO.org

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