



and

For the "Health" of It

Invite you to participate in the...

**Blanding's 11th annual
4th of July 5K Fun Run
on July 3, 2010**

4th of July Fun Run Exercise Calendar 2010

May						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29
June						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Write in the number of minutes you exercise in each calendar square.
To qualify, you must exercise at least 3 times a week for a minimum of 30 minutes each time.
You **MUST** bring your completed calendar to the 4th of July Fun Run in order to have your entry fee and t-shirt paid for by Precision Rehabilitation.

You **MUST** pre-register for the 4th of July Fun Run before June 18th to have your entry fee and t-shirt paid for by Precision Rehabilitation. To pre-register, contact race director: Katie Hiatt at 435-678-2029.
If you DO NOT contact the race director by this date, you WILL NOT receive the free entry fee and t-shirt.

For a beginner, intermediate or advanced training program created by "For the HEALTH of It" fitness expert Stephen Hiatt, please visit the Blanding City web site at:
www.blanding-ut.gov

Name: _____

Phone Number: _____

E-Mail Address: _____