



SOUTHERN ILLINOIS
HEALTHCARE



The River to River Runners Club

along with major sponsor

Southern Illinois Healthcare

present:

The 1st Annual **KIDS FUN & FITNESS DAY**



June 9, 2013 from 2PM until 5PM

@ SIU's new Lew Hartzog Track & Field Complex

100 Saluki Drive Carbondale, Illinois 62901

Registration and Packet Pickup at the Lew Hartzog Track & Field Complex from 12:30 PM - 1:30 PM

Preregistration strongly recommended. Only preregistered participants are guaranteed an event T-shirt, commemorative medal, and goodie bag containing health and fitness items.

No entry fee - FREE



Activities:

FUN RUNS for children of all ages and a special adult-child relay race (run or walk).

100 meter dash (recommended for children ages 5 and under)

400 meter dash (recommended for children ages 6 thru 9)

1600 meter run (recommended for children ages 10 and above)

1600 meter adult-child relay

child runs/walks initial 800 meters (2 laps around the track) then hands relay baton to adult who runs/walks the final 800 meters (2 laps); child must be at least 6 years old to participate in this event

A HEALTH FAIR will also take place with brief presentations on topics including basic first aid, nutrition, sports injuries, dental care, vision, and skin problems.

Awards:

All participants in the Fun Runs receive a custom-designed medal. Members of the adult-child relay keep the relay baton - only 1 baton per team.

The school with the most participants receives a trophy. One trophy will be given for large schools and one trophy for small schools.

The town with the most participants will receive the "Community Commitment to Fitness Award."

*Additional Information: Contact Dr. Tony Miksanek (Event Director)
at (618) 435-2362 or Email him at Tmiksane@aol.com*

