



Join the **COMO KIDS CHALLENGE** and complete a Half-Marathon!



Track all 3 steps (log on the back!) and join us for a night of Fitness Fun at the ARC on Friday, November 21st! Participants will run their final mile, have fun at a **ZUMBA GLOW PARTY**, and receive their prizes.

Participants will receive a t-shirt, finisher's medal, and a book to celebrate their accomplishments (while supplies last). The run will start promptly at 7:00pm at the ARC. The program is **FREE** to kids in grades K-5!

Please RSVP to the final event by November 1, 2014

mayorscouncilpfh@gmail.com

Participants are asked to bring canned goods to be donated to
The Food Bank of Central and Northeast Missouri.

LOG YOUR RUNNING, READING AND GOOD DEEDS

RUN



Cross off a foot print for each mile you run.

READ



Color in a book for each hour you read.

GOOD DEEDS



Cross off a star for each good deed you perform.