

# **[WALK]-A-THON 2020**

## **\*HOST YOUR OWN FAMILY EVENT\***

- WHEN?** SATURDAY, MAY 16  
YOU PICK THE TIME
- WHERE?** YOUR HOME, YARD, OR NEIGHBORHOOD
- WHAT?** PICK YOUR OWN ACTIVITY.  
SOME IDEAS ARE TO WALK, JOG, RUN, DANCE, JUMP,  
JUMP ROPE, BIKE,... WHATEVER YOU CAN DO  
TOGETHER IN A SPACE THAT WORKS FOR YOU.
- GOAL?** DO YOUR CHOSEN ACTIVITY FOR ONE HOUR.  
SHORT BREAKS ARE OKAY.  
BE SURE TO STAY HYDRATED.
- SUPPLIES** THE GATORADE AND POPSICLES INCLUDED IN YOUR  
SPIRIT WEEK GOODY BAG ARE FOR THIS EVENT.
- PURPOSE** FAMILY FUN AND TO SUPPORT RLA.  
PLEASE WATCH FOR MORE INFORMATION ABOUT  
ONLINE DONATIONS AND HOW TO REACH OUT TO  
FAMILY AND FRIENDS TO SPONSOR YOUR EVENT  
AND SCHOOL.

