

Holy Spirit **FITNESS** Gazette

Wednesday, April 1, 2009

Volume 4, No.4

Help Your Class WIN a Pizza Party!!

Did you know that the top THREE classes with the highest participation will win a special prize? Yes, you read right!! Top class will win a Pizza party or an Ice Cream party!! Help your class win by registering for the Family Fun Walk/Run!! Check out the current standings...

Pre-Race Warm up Session One of the best ways to avoid injuries during exercise is proper warm up and stretching. Please join us as a Club Sport Trainer leads us through a GREAT warm up session before the race. This is a FUN way to start a great event!! Warm-Up Session will start at 9:10 am.

Waiving Late Registration Fee To help the Catch the Spirit Family Fun Walk/Run meet its participation goal, the committee has decided to waive the late registration fee. You can STILL register up until the day of the race WITHOUT being charged a late fee. If you wait until the day of the event to register, however, you may find yourself without a T-shirt!! Register today & be guaranteed a shirt!! Return registration forms to the office or through the school envelope. For *Registration Details* call *Connie Santillana* at 471-9527 / connie_santillana@yahoo.com.

Many Thanks to our 2009 Event Sponsors!!

Gold Sponsors: Kaiser Permanente, Dale Hardware Store

Silver Sponsors: Continental Net Trucking, Core Power Services, Law Offices of Gustavo Peña, The California Wellness Foundation, M.L. Nielsen Construction, HERS Breast Cancer Foundation

Bronze Sponsor: United Care Residential Homes; Pacific West Gymnastics; Starbucks; Elite Bakery

Spirit Sponsor: Payment Processing, Inc., Happy Fish Swim School, Kids Playland, Aida Dizon for Realty World, RA Builders, Newark Dental Center, Fairway Park Optometry, Tijani Family, Hooper Family, Loaisiga Family, Butchart Health Center, Coulthard Identity Group, The Grocery Outlet, Big Apple Bagels, Trader Joe's, Jamba Juice

Mark Your Calendars

Thurs. April 2nd Early Registration Packet pick up at Holy Spirit School after School (2:45 pm - 3:30 pm)

Friday, April 3rd Early Registration Packet pick up at Holy Spirit School before school (7:45-8:15 at Café Espiritu-small hall) & after School (2:45 pm - 3:30 pm)

Saturday, April 4th Race day, 9:30am: FUN, FUN, FUN!!!

Hey Runners & Walkers... Be sure to stay after the race to quench your thirst with FREE JAMBA JUICE! That's right free, Jamba Juice!!

Weather Report Don't let the current weather scare you away, according to www.weather.com forecast for Saturday, April 4, 2009 calls for a **Sunny day**, so don't forget to add your sunscreen in the morning!!

Start/Finish Line The Start and Finish line will be in Ensenada-North reservation Area. Signs/balloons will be posted.

Estimated Race Day Schedule

7:45 - 9:15 am - Day of Registration & Packet Pick-Up!

9:10 am - Pre-Race Warm-Up Session

9:30 am - Event Start Time

10:45 am - Award Ceremony

11:30 am - Event Completed

Safety Reminder Despite having zero issues in previous years; Safety is a top priority in making the event a success!! Here are some of the ways we ensure safety on the course:

*Park Ranger monitoring the course on a bike.

* Course monitors & First Aid volunteers throughout the course.

*Chalked boundaries will clearly mark the course.

Please remember that parents are still responsible for their children. If you are concerned for your child's safety during the race consider running with them or finding someone who has the endurance to keep up with them. **Together we can keep this event safe for all of our participants!** We want this event to be fun and enjoyed by ALL!!

Sign Up to Volunteer

YES, YES, YES, we need your to help!!! To make this event successful we NEED volunteers!!! Want to participate in the event and earn parent hours, Shift 1 or Shift 3 are PERFECT for you!!

Shift 1: The Set Up Crew (7:30 am - 9:00 am) Can Still participant in Event!! Set up the course start/finish line, registration/check in tables, water stations, 1st Aid Station, etc.

Shift 2: The Race Crew (9:00 am - 10:30 am). Help at the water stations, start/finish line, monitoring course, first aid station & cheering on our participant.

Shift 3: The All Mighty Clean Up Crew (10:30 - noon) Can Still participant in Event!! Help clean up course, water station, start/finish line, etc.

If you would like to volunteer, please complete the form below and turn it in to the office (Wade c/o Grade K). Thanks for your support! Contact *Melissa Wade* at 494-1717 (mmwade@sbcglobal.net) for more information.

Are you planning on participating in the event? Yes _____ No _____

Volunteer Name: _____

Preferred Shift: _____

Phone Number: _____ **Email:** _____