



Embrace the frigid weather and participate in **the fRIDGED 1 mile Race/Walk & Community Health Expo - Saturday, February 25, 2012 at Finley Jr. High School from 9:00-11:00 a.m.**

- ❖ **1Mile Race/Walk- free tee shirts for all participants (Indoors if bad weather)**
- ❖ **Chef Presentation**
- ❖ **Think Spring- Gardening Presentation**
- ❖ **Fitness Presentations**
- ❖ **Free Blood Pressure Readings**
- ❖ **Free Throw Contest**
- ❖ **Just Dance away the winter blues with X-Box and Wii; Jump Rope Contests**
- ❖ **Prizes and Free Healthy Snacks**
- ❖ **Photos will be available for purchase for race participants**
- ❖ **To participate in the 1 mile race, complete registration. (Must be submitted by January 10, 2012; Events and activities are free to the community.) Check-in at 8:30 a.m.**

Name _____ Telephone _____

Address _____

Emergency contact _____

Shirt size (Circle) YM YL S M L XL

I hereby for myself, my heirs, executors and administrators waive and release all rights for claims and damages I might have against the school district for any and all injury or damage resulting from participating in this above event. I am in proper physical condition to participate in this event.

Signature _____

Parent Signature _____

Sponsored by the Chicago Ridge School District 127 ½ Wellness Council

Funded through the Model Community Grant