

Walk or Run To Better Health...



Event Sponsors:

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Join us for the 7th Annual
Arrowhead Regional Medical Center

5K Walk/Run & Fitness Expo

Saturday, March 9, 2013 at ARMC

Registration/check-in: 7 a.m. – 8:15 a.m.

Warm-ups at 8 a.m. and Walk/Run at approximately 8:30 a.m.

FREE!

Pre-register online @ www.arrowheadmedcenter.org

NOTE: Please leave your pets at home

FREE activities and resources include:

- T-shirts for the first 400 to check-in & headbands for the next 1,500
- All-age friendly warm-ups
- Sports clinic & activities for the entire family
- Basic health screenings
- Stay-healthy information
- Breakfast snacks
- 1st, 2nd, & 3rd place medals for 15-age categories
- Certificates of Participation for everyone

Together, we can beat obesity, diabetes, poor eating and poor exercise habits!

The Heart Of A Healthy Community



ARROWHEAD REGIONAL MEDICAL CENTER

909-580-1000 • 400 N. Pepper Ave., Colton, CA 92324

This event is a free public service provided by ARMC and is not organized by nor paid for by any school district funds.