

# Run For The Heights 101



## What is Run For The Heights?

*Run for the Heights* is truly an event for all ages. In addition to a 5K run/walk &  $\frac{3}{4}$  mile Fun Run, there will be fitness demonstrations, children activities, a Sponsor Expo, and a Health Fair w/ various health screenings. These activities are free\* and open to the community from 8:00 – 10:30 a.m.

(\*Fees to register for 5K and Fun Run)

## Why should I register?

Run For The Heights is one of our main sources of fundraising for T.H.E. PTA. Funds raised are used to add enrichment programs, pay for field trips, purchase technology, classroom supplies and other activities throughout the school year.

**When is Run For The Heights?** Saturday, February 27, 2016

**What if I am not a runner or athlete?** All fitness levels can participate. You can run or walk the Fun Run or 5K. Join a neighborhood running group to train before the event. Check out the health fair and fitness demos for health, fitness, and wellness ideas.

**What if I am not able to attend?** Please still consider registering or give a “Tucked in for Tusky” spirit donation. Your contribution benefits T.H.E. PTA, plus if you register in time, you can still get a t-shirt and goody bag!!!

## This sounds so exciting!!! How do I get involved???

We would love to have you take part in this event. We have volunteer opportunities for all levels, talents, and time. Please email [runfortheheights@tuscanheightspta.org](mailto:runfortheheights@tuscanheightspta.org)

<http://runfortheheights.tuscanheightspta.org/>

<http://www.tuscanheightspta.org/>

<https://www.facebook.com/pages/Run-For-The-Heights-5K-RunWalk-Kids-Fun-Run-Health-Fair/187596891325438>

