

PENN MANOR

Comet  Trot

A leisurely walk/jog & wellness experience for all ages

PARTICIPANTS: Everyone is welcome!

(Children must be accompanied by an adult)

WHERE: Penn Manor High School Track & West Gym

WHEN: Tuesday, May 22, 2012 (rain or shine)

TIME: 5:30 PM to 7:30 PM

COST: ADULT \$3, STUDENT \$1

BENEFITS: The Penn Manor Family Fund

(PM Family Fund helps families in need in the Penn Manor School District)

Don't Miss...

- ❖ **TRACK CHALLENGE-GRADES K to 6 starts at 6:00 PM**
- ❖ **Special Wellness Activities for all ages**
Come try the *FitKidz Challenge*, join us for free *Family Bumba*, take a healthy eating quiz, try the grip strength test, and make your own *Trail Mix!*
- ❖ *Free Event T-shirt and bottle of water to first 150 participants*
- ❖ **NO REGISTRATION OR SIGN-UPS NECESSARY**
- ❖ Additional monetary donations to the Penn Manor Family Fund will be accepted at the event

