

MORNING ANNOUNCEMENTS (beginning 10/7/13)

3rd annual PTA 5K - only 2 weeks away!

Monday 10/7

13 DAYS until the PTA 5K! Have you & your friends registered yet?

SAVE \$5 off EACH registration for 3 days only this week - Monday, Tuesday & Wednesday! The money comes back to our school to support our students. What would YOU like to do with the extra money? Visit: WWW.PTA5K.COM for more information

"The difference between who you ARE and who you want to BE is what you choose to DO"

Tuesday 10/8

DID YOU KNOW? 9.58 seconds: The current male 100-meter run world record set by Usain Bolt of Jamaica on August 16, 2009, at the 2009 World Athletics Championships. How FAST can you run?

Did you also know that TOMORROW is the last day to REGISTER and SAVE \$5 off your registration fee? Help SUPPORT our school & help us WIN the money!

Wednesday 10/9

11 DAYS the 3rd annual PTA 5K Race! If you have not registered, what are you waiting for? This is the LAST DAY to SAVE \$5 OFF your registration fees. CHALLENGE your friends in the 1 mile Fun Run or 5K Race, SHOW OFF your agility skills in a huge inflatable obstacle course, DANCE to the beat with Zumba, WIN prizes & more!

Visit WWW.PTA5K.COM for more information!

Monday 10/14

NBC's The BIGGEST LOSER is coming to the PTA 5K on SUNDAY, OCTOBER 20th! JOIN us for a FUN afternoon of Running, Games, Relay races, Obstacles & more. BRING your friends & family for a FUN day at Coldstream Park!

"The only difference between TRY and TRIUMPH is a little UMPH"

Tuesday 10/15

5 DAYS until NBC's The BIGGEST LOSER comes to the PTA 5K!

TRAIN with a BIGGEST LOSER, RACE your friends in the 1 mile Fun Run or 5K Run/Walk & more! SUPPORT OUR SCHOOL – all the money comes back to our school for student support! LET'S WIN THE PRIZE MONEY!!!

Wednesday 10/16

Did you know? Over one billion pairs of running shoes are sold worldwide each year.

Lace up your running shoes and meet us at the PTA 5K on SUNDAY!! Bring your friends & family for an afternoon of FUN. Register for the race & receive a FREE race day shirt & goody bag. Help SUPPORT our school!

Thursday 10/17

DID YOU KNOW? It takes 200 muscles to take a single step.

ARE YOU EXCITED YET?!? SUNDAY is the 3rd annual PTA 5K! Be at Coldstream Park **SUNDAY** for a FUN, EXCITING Health & Wellness Party. REGISTRATION begins at NOON. **BRING your friends & family – EVERYONE is Welcome!** Help our school WIN the prize money!

Friday 10/18

WOW...only 2 DAYS until the NBC's The Biggest Loser joins us at the PTA 5K Run/Walk on **SUNDAY at Coldstream Park!** Join us for an action-packed, heart pumping, media filled FAMILY FUN event. Be at Coldstream Park **SUNDAY** for a FUN, EXCITING Health & Wellness Party. REGISTRATION begins at NOON.

BRING your friends & family – EVERYONE is Welcome! Help our school WIN the prize money!