



Fitness Fun Run-Walk

presented by **Si View Metro Parks**

PARTICIPANT INSTRUCTIONS:

Register first! Together as a family, complete the one-mile big loop at Tollgate Farm Park on foot. Choose your challenge level (Red, Blue, or Green) and complete 9 challenges along the way at marked stations. Start and finish by the playground. Get moving and have fun!

IMPORTANT:

- Masks required
- No more than 10 persons OR 2 households per group
- Practice social distancing at all times
- If a station looks busy, come back to it later

REGISTER:

- Registration required
- Donations gladly accepted!
- Visit www.siviewpark.org
- Or scan QR code

