
Challenge Option 2:

Celebrate September!

Participate in the Doggy Dash 5k & Mile
Date: Saturday September 9, 2017
Time: 8:00 am-11:00 am

This furry, fun 5k is for the dogs!....and their human partners! Bring your favorite canine running partner on a 6 ft. or shorter leash and show off your four legged best friend (or run by yourself- all runners welcome!).

Event include a 1 mile "Puppy Run" for kids.



Modified Option:

Complete both:

Clean up the World Weekend
September 15th-17th
Pick up at trash around your neighborhood

National Women's Health and Fitness Day
September 27th
Grab a friend and celebrate by being active