

FIT! RUN! FUN!

JOIN **DARRELL GREEN** FOR
A MORNING OF FITNESS AND
FUN FOR THE ENTIRE FAMILY!

Sunday, October 10, 2010
George Mason University
8:00 a.m. – 12 noon

Event is located across from the
Patriot Center (Lot L)
Free parking



Help Keep Kids Hearts
Running Strong.

Inova Fairfax Hospital for Children

8K race and 2K Family Fun Run/Walk

- Pre-registration required: visit inova.org/8K or FitFor50.org
- There is a registration fee to walk or run in the race.
- Kids and strollers welcome at the 2K!
- Registration for the 8k and 2K begins at 7:00 a.m.

Other fun and healthy activities include:

- See the Washington Nationals Presidents race Darrell Green!
- Free sports clinics featuring representatives from:
 - Washington Kastles, Washington Mystics and Washington Capitals!
- Meet mascots from some of your favorite DC sports teams!
- Enter to win a ride on the Washington Capitals Olympia Ice Resurfacer!
- Flu shots (\$30) to anyone 6 months and older and free blood pressure checks.
- Free Family Activities including face painting, moon bounce, balloon art, and more!

**Giveaways and posters of
Darrell Green while they last.**

Darrell Green and Inova want you to be part of this great FitFor50 supported health and fitness event. And, when you participate in the Star Kid 8K race, proceeds benefit the Inova Fairfax Hospital for Children's Pediatric Cardiology Program.

**Not participating in
FitFor50 yet?
Sign up today at
FitFor50.org**

