

HIGHMARK DELAWARE 5K AND FAMILY FUN DAY

FALL INTO FITNESS

Saturday, October 13, 2012

Lums Pond State Park, Delaware

11:00 am – 4:00 pm



Join Highmark Blue Cross Blue Shield Delaware to help celebrate healthy living. Bring your family and friends to our **5K and Family Fun Day**. There will be something for everyone – including fun activities, clinics, music, gifts and complimentary refreshments. There is no park entrance fee for the first 1,000 cars. Proceeds from the 5K run/walk registration will benefit YMCA of Delaware programs for the prevention of youth obesity.

To register for the 5K run/walk, visit Races2Run.com. For more information about Highmark Delaware's Family Fun Day, contact Steve Bowman at 302-421-3221, or Steve.Bowman@bcbsde.com

SAMPLE ACTIVITIES AND SCHEDULE

11:00 am – 1:00 pm

Kids: Zumbatomics®, Inflatable Obstacle Course, and Tug-of-War

Teens: Punt, Pass and Kick challenge, Soccer Clinics, and Group Exercise Classes

Adults/Seniors: Group Walk, Zumba Gold®, and dancing

1:50 pm

Kiddie K

2:00 pm

5K Run/Walk

1:00 pm – 4:00 pm

Everyone: Wellness Fair, Health Screenings, and Massages



Participant Waiver: By participating in any of the Highmark Delaware 5K and Family Fun Day events, I hereby waive all claims against Highmark BCBSD Inc. and all sponsors, charities or personnel involved in the event for any injury I might suffer. I attest that I am physically fit and prepared for this event. I grant full permission for Highmark BCBSD Inc. and participating organizations to use photographs of me in the accounts and promotions of this event.

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