



# Where's Franktown?

**15KM, 10KM, 5KM AND 1KM FAMILY FUN RUN/WALK**

Greetings;

We are excited to be holding our 15<sup>th</sup> annual Where's Franktown? run on Saturday May 11<sup>th</sup>, 2019. This event looks to build community by encouraging healthy living and raising funds for our school.

At CCA we have always been interested in complementing the home and in teaching life-long skills about healthy living to our children. We've worked hard at fostering a healthy living school environment that promotes physical activity and healthy eating through both words and action. This commitment to healthy living is part of our commitment to the success of our children. From both our experiences and research, we recognize that a healthy living school environment maximizes students' learning potential and success, and enhances students' social and emotional well-being. We have committed to teaching students the skills to make healthy choices and reinforcing those through school practices.

Our students are working hard to make this run a success. As a school, we have been training 3 days a week. Many of our students are going to be participating in the 5km, 10km, and 15km run.

There are different ways you can support our run and ultimately CCA. One option is to participate in the run. Each year we have 500 runners participate and it is a lot of fun. If you are unable to attend the race, you might want to consider registering for the virtual race and running the distance on your own time. We will mail you a participation medal. We are also looking for friends and families to support this run and CCA by making a donation.

We would like to thank you in advance for your consideration and if you have any questions or concerns, please do not hesitate to contact us.

Thanks in advance!

*Tom Bourne*

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