

2017 INAUGURAL KIWANIS KEIKI DAY (March 18, 2017)

Sunrise Athletics Fun Run & Obstacle Course Announcement



SUNRISE ATHLETICS invites ALL KEIKIS in ELEMENTARY that would like to participate in a FUN RUN & OBSTACLE COURSE COMBO

WHO: Keikis in grades 1-5

WHAT: FREE Fun Run & Obstacle Course Combo

WHEN: 8:00am-8:30am Registration & to sign waiver forms.

8:40am Warm-up, stretches, & course instruction with coaches and junior assistants

9:10am Start fun run/ obstacle course combo (about 800m-1200m)

9:40am Passing out of healthy treats to ALL keikis, and Jamba Juice gift cards to male and/or females BEST featuring the following categories:

- > Super hero shirt
- > Brightest shirt, shoes, shirt (separate categories)
- > Sports team <local and/or national league>
- > Other

WHERE: Waiakea High School Stadium/ Track & Field

WHY: Promoting healthy living and lifestyles among keikis! Stay fit, have fun, and enjoy life!



SUNRISE ATHLETICS is committed to “building COMMUNITY RELATIONSHIPS and developing CHARACTER, while developing the ATHLETE in EVERY child!”