



Ground Hog Day Fun Walk/Run

Get Up, Get Out, Get Fit!

FREE

January 31, 2009

from 0800 to 1000

Lackland ISD Running Track



Come early and receive a FREE Pedometer to keep track of how far you walk! Other free participation prizes will be awarded. All Ages Welcome.

Do not forget to log on to your FitFactor Account and add your points for walking/running.



For more information, please call 671-2388



www.lacklandservices.com