

# Slaton Shapes Up 5K Run, Walk or Crawl

## Saturday, April 21st



Slaton High School  
Registration at 8am  
Race at 9am



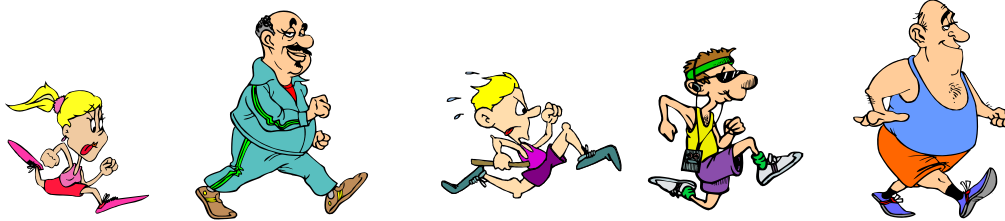
**Slaton ISD and St. Joseph School students are free**

Adults \$15

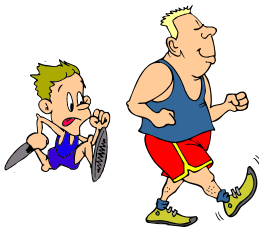
Seniors (60+) \$5

Children 3 & under-Free

**Sponsored by Slaton ISD and the Slaton Police Department.**



Dig out those sneakers, start warming up. We are running, walking and moving. No pressure just lots of fun. Do a mile course or the full 5K. Take your time or race against the clock. An easy, quick form of exercise is just getting out and walking. Take it at your own pace. Don't we all need it. Start warming up by walking your neighborhood or the high school track. Set an example for the youth of our community of a healthy lifestyle. If you don't plan on walking, please come out and cheer on those who will be walking.



Healthy body, healthy mind,  
healthy attitude.  
Call 828-2020 for more information.



**Motivate the youth in our community.  
Show them the benefits of physical exercise.  
Be a mentor and teach the value of a healthy lifestyle.**



**SLATON CHAMBER OF COMMERCE**  
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