

MY SCHOOL IN  
MOTION



KICKOFF  
EVENT!

JOIN US!

## WALK & BIKE TO SCHOOL DAY!

TUESDAY, OCTOBER 8TH • 7:45AM TO 8:25AM

AFTER ARRIVAL, FOLLOW VOLUNTEER DIRECTIONS TO TRACK  
& BLACKTOP AREA

### HOW TO PARTICIPATE

- IF A SAFE ROUTE EXISTS TO VFMS FROM YOUR HOME, JOIN WITH PARENTS AND FRIENDS IN WALKING AND BIKING TO SCHOOL
- PLAN TO ARRIVE BY 8AM TO HEAR ABOUT HOW VFMS WILL PARTICIPATE IN "MY SCHOOL IN MOTION" THIS YEAR!
- GIVEAWAYS FOR THE FIRST 100 STUDENTS THAT WALK OR BIKE TO THE EVENT!

