



SUNDAY
OCTOBER
3RD



Win with the FBE



- ★ Win a \$5 Moozy's gift card after you finish 8 workouts (1 mile run or 20 min each).
- ★ Stop by the Apple Run award table on Oct. 3 to redeem. Parent signature required
- ★ Gift cards are limited quantity and available on a first come, first serve basis. Limit one per registered runner under the age of 14



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Punch Card

- ★ Name: _____
- ★ Age: _____

I ran 1 mile or did a 20-minute workout on:
please write down dates on the apples



Parent signature: _____