



# **MOVE IT MONDAYS WITH MARLENE**

## **GET A RUNNING START TO THE MICHIGAN INDIAN FAMILY OLYMPICS**

**MARLENE GASCO, COMMUNITY WELLNESS ADVOCATE, HAS ORGANIZED FOUR PRACTICES BEFORE THE COMPETITION ON FRIDAY, JULY 20<sup>TH</sup>, 2018. THE EVENTS AVAILABLE FOR PRACTICING AT EVERY PRACTICE WILL BE RUNNING/WALKING, SOFTBALL THROW, BEAN BAG TOSS, AND JUMP ROPE. ON THE DAYS SCHEDULED AT THE HARBOR SPRINGS TRACK FIELD, PARTICIPANTS WILL BE ABLE TO PRACTICE LONG JUMP AND CORRECT DISTANCE FOR WALKING/RUNNING EVENTS. BELOW ARE THE DATES THAT VARIOUS EVENTS WILL BE AVAILABLE FOR SHAKING THE DUST OFF:**

**PRACTICES WILL BEGIN 5:15 PM UNTIL 6:30 PM  
\*\*WEATHER PERMITTING**

- **JUNE 4, 2018 @ POW WOW GROUNDS**
- **JUNE 18, 2018 @ HARBOR SPRINGS TRACK FIELD**
- **JULY 2, 2018 @ POW WOW GROUNDS**
- **JULY 16, 2018 @ HARBOR SPRINGS TRACK FIELD**

**IF YOU SHOULD HAVE ANY QUESTIONS, PLEASE CONTACT LTBB MNOZHIAADAA DEPARTMENT AT (231)242-1601**