



GET ACTIVE PORTAGE!

Saturday, August 9, 2014

9:00 – 11:00 a.m.

Ramona Park, Portage MI

*A Celebration of Health and Wellness
In Our Community*

● **9:00 – 10:00 a.m. Youth Triathlon**

Check-in at 7:30 a.m.

Hosted by Spirit Racing LLC

Age groups 7-9 & 10-13,; swimming, biking & running with awards given for top finishes.

Information and .registration at www.kidsgetactive.us.

● **9:00 a.m. – 11:00 a.m. Heath Fair**

Get Active & Stay Active for all ages by exploring some free activities :

- Bike Checks
- CPR
- Tae Kwon Do
- Giveaways

● **9:00 a.m. – 11:00 a.m. Kayak Demo**

Learn skills and try out equipment during this demonstration by Lee's Adventure Sports



RAMONA PARK

8600 S. Sprinkle Rd.
Corner of Zylman & Sprinkle

VEHICLE PARKING PERMIT

Valid August 9, 2014
Until 1p.m.

This permit must be presented to the gate attendant upon entry. Permit must be placed on the passenger side dash and visible through the windshield.

FOR MORE INFORMATION

Portage Parks & Recreation Department
269- 329-4522 , www.portagemi.gov

