

BACK BY POPULAR DEMAND

The **St. Val's 5K Fun Run/Walk and Spaghetti Dinner** will be held on Sunday, September 19th, 2010 at 3:00 p.m. with the spaghetti dinner following at 4:00 p.m.

New this year to our Fun Run/Walk we will be adding a **Mini "VOLT" Fun Run** event for ages 3-6. Our Mini "VOLT" Fun Run will take place at 2:30 p.m. and will begin at the corner of Hope & Norborne and will end at the gym. All finishers of the Mini "VOLT" Fun Run will receive a medal and a certificate.

The 5K (3.1 mile) course will follow the same route as last year, through the streets of Redford surrounding the parish. This family event is for all ages and all levels of runners and walkers. As an added feature, the 5K Fun Run/Walk is endorsed by the Governor's Council on Physical Fitness and once again we will be having our Family/Friends Team Event.

Here's what you get with your entry fees:

- An Official T-Shirt
- Goody Bag
- Finisher's Certificate
- Medals to the first 3 male and female finishers
- Medals for the top 3 Family/Friends teams
- Homemade spaghetti dinner

Arrangements have been made that all St. Valentine sporting events have been cleared for that day.

So please join Fr. Paul and Mrs. Damuth and your fellow parishioners in this fun parish/school community event.

Thanks for your support and we look forward to seeing you at the run and/or the dinner.

See you at the finish line.

Fr. Paul
Mrs. Bonnie Danic
Mr. Jim Soter

**Registration deadline: No shirt guarantee past September 7th.
Submit your registration to the school or parish office.**

