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**DATE** April 1 - 30, 2021



## For Health! For Fun! For Belonging! For Long Ridge!

Healthy bodies support healthy minds! Grab your running or walking shoes, your family and friends, and participate in our month-long, virtual, 10K for \$10K fun run/walk. All proceeds go directly back to The Long Ridge School.

The challenge is to run or walk 10km (6.2mi) at your convenience over the month of April, to help us collectively raise \$10K for our school.