



Neighborhood Field Day

DRAFT
Other Partners

Activities for Everybody... All Ages Welcome!

Walking, Running, Fitness Training, Yoga, Ultimate Frisbee and Soccer
Get outdoors, exercise, meet your neighbors and make new friends

Free Food and Drinks for All Who Participate!

[LOCATION] - FEBRUARY __ - SATURDAY MORNING - 8:30 A.M. - 11:30 A.M.

10 Reasons to Join Us...

- ◆ **Get outdoors** and enjoy the air and the peaceful mornings
- ◆ **Get in shape or lose weight**
- ◆ **Help others** learn the joys of walking and running
- ◆ Enjoy the **solitude** of a quiet morning run or walk
- ◆ Enjoy the **friendships and fellowship** of walking, running or biking with other people
- ◆ Be part of a **supportive community**: We don't care if it takes you a minute or an hour to get around the track! There's a place for everyone here -- no matter what your age, health status, or pace!
- ◆ **Play!** We all played when we were kids. And adults are healthier and happier when they recover that sense of joy in being active and vigorous outdoors.
- ◆ **Meet your neighbors!** Walking or outdoor exercise is something we can all share together.
- ◆ **Make a difference:** Interested in becoming a coach, mentor or tutor for kids in your neighborhood or in DC? We can connect you.
- ◆ **It's free!** (Donations are welcome, of course.)

Our goal: Create a community of vigorous people – young and old – who work together and support one another to build fulfilling lives and a great community for *everybody*.

What do you need to bring? Nothing but comfortable shoes and a positive attitude!

You don't have to sign up in advance but we would appreciate it if you would so we can get the right amount of food and drinks!

Why Walk or Run (or bike)?

Connect to fellow walkers or runners, to nature, to the people we see on the street, and to our own hearts, minds and bodies. We are happier, feel at peace, feel part of the "river of life" when we get outside and walk or run or other rhythmic exercise.

We do our best and most creative thinking, make better short-term and long-term decisions, renew our sense of play, of camaraderie, of optimism and possibility, of empowerment — physical and mental. We feel a sense of abundance, of being able to use and enjoy our bodies, our whole selves and our lives — and make a better world as a result.

Nelson Mandela, Long Walk to Freedom:

I have always believed that exercise is not only a key to physical health but to peace of mind. Many times in the old days I unleashed my anger and frustration on a punching bag rather than taking it out on [others]... I found that I worked better and thought more clearly when I was in good physical condition, and so training became one of the inflexible disciplines of my life... Even on [Robben Island], I attempted to follow my old boxing routine of doing roadwork and muscle-building from Monday through Thursday .. I know that some of my younger comrades looked at me and said to themselves, "If that old man can do it, why can't I?" They too began to exercise.

Schedule

- 8:30-9:30: Early morning walking group
- 9:30—10:30: Yoga and fitness; soccer
- 10:30 -11:30 Yoga and fitness training (2nd session); Ultimate frisbee

Practically speaking, a life that is vowed to simplicity, appropriate boldness, good humor, gratitude, unflinching work and play, and lots of walking brings us close to the actual existing world and its wholeness. —Gary Snyder, Practice of the Wild

The DC tutoring & Mentoring Initiative



The goals of the DC Tutoring & Mentoring Initiative are simple: We are recruiting a tutor or mentor for the more than 60,000 students reading below grade level - 73% of all students - or who need extra academic or non-academic support in the District of Columbia and then connecting them to our 40 partner tutoring & mentoring organizations and schools around the city.

Sign up at <http://dcTutorMentor.org> or contact us at info@dcTutorMentor.org or 202-688-1261
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