

## Only 5 days to go until we "Break a Sweat for Education"!

*Can you feel the excitement in the air?* The countdown is on...only 5 more days until the annual Yours Humanly "Break a Sweat for Education" 5K Fundraiser, on Oct. 5th! We'd like to high five everyone who has registered to participate that day, and take a moment to answer 5 "Break a Sweat" FAQ:

**Q:** Oh no - I meant to register and join the **MDUSD Education Foundation Team**, but I didn't get a chance to yet. Is it too late to sign up?

**A:** It's not too late and the more runners we have on our team, the more funds we raise for high quality STEAM opportunities in MDUSD schools! To sign up, go to: <http://bit.ly/MDEDFTeam2019>. On the right side, click "Join Team" to register.

**Q:** I won't be able to make it that day, but I really want to help support the STEAM opportunities in our schools. Is there another way I can help?

**A:** Yes! You can pledge as a virtual racer and still be part of the team! Or simply click Donate on our Team Page.

**Q:** We have younger kids in our family - will there be ways for them to participate at the event?

**A:** Absolutely! The 5K Run & Walk is open to all ages (strollers too!) and the Kids Fun Run is free for participants 10 and under. There will also be free kids' activities in the staging area!

**Q:** I hear there will be some pretty amazing performers and guest speakers - who will be there that morning?

**A:** The Ygnacio Valley High School Community Cheer Team, the Northgate Madrigals, and the new MDUSD Superintendent, Dr. Robert Martinez!

**Q:** Will I have a great time being healthy on a beautiful Fall day at Heather Farm, enjoying the warm fuzzy glow you get from knowing that you're helping kids district-wide?

**A:** Yes. Yes, you will.

We hope to see you there! Lace up those shoes and get ready to have a fun morning!



Dr. Robert Martinez, MDUSD's new Superintendent (and avid runner) will be a featured guest speaker that morning!

YOURS HUMANLY 5<sup>TH</sup> ANNUAL  
**BREAK A SWEAT FOR EDUCATION®**

5K RUN & WALK | KIDS FUN RUN



**REGISTER TODAY!**  
**WWW.BREAKASWEAT.RUN**

PROCEEDS BENEFIT



**10.05.19**

8:00 AM - 11:00 AM

HEATHER FARM PARK  
WALNUT CREEK

Is your company interested in sponsoring our team and supporting STEAM opportunities in MDUSD schools? Contact us at [info@mdedf.org](mailto:info@mdedf.org)! Sponsors will be promoted on our team page and can get a booth space at the event that morning. We appreciate all the generous donors who are helping the Foundation to make great strides!