



It's Jog-A-Thon time! This year we are celebrating Healthy Habits - the Cougar's New Year's Resolution - Exercise and Eat Right!!!!!!!

The Cougar and his friends will be at the La Canada High School track for the 31st Annual PCS Jog-A-Thon on **Saturday, March 8**. All are welcome - young and old - to walk, jog, run or race around the track.

You can also win terrific trips and prizes!!

Ask relatives, co-workers, neighbors and friends to be a sponsor. They have charitable dollars to give and just love to support a worthy cause.

Look for the information packet that will come home with your student on Wednesday, February 6.

On Your Mark

Mark your calendar for March 8

Get Set

Dust off your work out clothes and running shoes
Let's get ready for this great event!

Go

Sign-up those sponsors!!!



Come run, have fun and get fit while we raise money for our school!