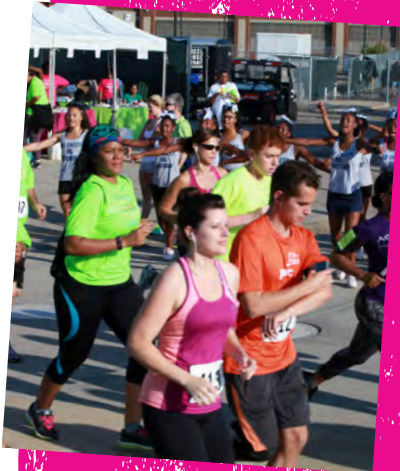


GIVE

to the Youth
Health Program



GET FIT!



Form a TEAM!

The Rhonda Walker Foundation presents the 7TH ANNUAL

Give and Get Fit



Sunday, July 30, 2017 | 8AM

**Detroit Riverfront Rivard Plaza
1340 East Atwater, Detroit, MI 48207**

**5K/10K Run/Walk &
Fitness Classes
YOGA | PILATES | KICKBOXING**

**Plus, meet this year's
Celebrity Grand Marshal
Shaun
Robinson**

**Emmy Award Winning TV
Journalist, Producer, Author
and Founder of the S.H.A.U.N.
Foundation for Girls!**



Shaun Robinson and Rhonda Walker -
WDIV TV 4

Participants receive a performance shirt, medal and goodie bag!

**For exhibitor and sponsorship opportunities,
visit RhondaWalkerFoundation.org**

#RWFEmpowers



Register at RUNSIGNUP.COM

**\$30 until June 30th
\$40 starting July 1st
\$15 under 18 years old**

7:00 AM Race Registration, Packet Pick-up
and Health/Nutrition Exhibits Open
8:00 AM Warm-up
8:30 AM Run/Walk and Fitness Classes Begin



**BRIDGEWATER
INTERIORS**

meijer

**HOUR
MEDIA**

**MICHIGAN
FITNESS
FOUNDATION**

CHASE

Beaumont

Kashi

**DMC
DETROIT MEDICAL CENTER**

**[N]
EAT NO EVIL**

pwc

PT D

Art Van

**BULL RUN
press**

**URGENT
cold pressed
RAW JUICE**

BODYARMOR

**CLUB
PILATES**

**DETROIT RIVERFRONT
CONSERVANCY**

**GREEN SPACE
Cafe**

**GIFT OF LIFE
MOTEP**

**BEST & BRIGHTEST
IN WELLNESS
WINNER 2016**

**LOCAL
4
CLICKON
DETROIT**

**Phoenix
Freerunning
Academy**

**MICHIGAN STATE UNIVERSITY
BLACK ALUMNI**

**JABS GYM
BOXING-BOYO-BOOTCAMP**

**PURE MICHIGAN
FITNESS Series**

**NABR
National Association for Business Resources**

**elements
massage**

absopure

Gazelle Sports

**Blue Cross
Blue Shield
Blue Care Network
of Michigan**

**WHOLE
FOODS
MARKET**

All proceeds benefit the Rhonda Walker Foundation Give and Get-Fit Health & Fitness program for inner city youth.