



Turnoff Week Activity Schedule

September 2010

Saturday, September 18	Monday, September 20	Tuesday, September 21
<p><i>Natchitoches Habitat for Humanity 5K & 1-Mile Run/Walk & Cane River Green Market</i> <i>Location:</i> Downtown riverbank, Natchitoches <i>Race Time:</i> Race registration - 7:00 am; 1-Mile Run/Walk - 8:00 am, and 5K Run/Walk - 8:30 am <i>Green Market Time:</i> 8:00 am – 12:00 (noon)</p> <p>Natchitoches Habitat for Humanity is partnering with Get Fit Natchitoches and the Natchitoches Run/Walk Club to host the first annual Natchitoches Habitat for Humanity 5K & 1-Mile Run/Walk. The event promises to be fun for the entire family with race-day festivities including:</p> <ul style="list-style-type: none"> • Age and gender category awards • Door prizes • Post-race “pastalaya” meal • Bake sale • Music <p>The Cane River Green Market will also be going on during the race from 8:00 am – 12:00 noon on the riverbank and feature fresh fruits and vegetables, music, and taste testings.</p> <p>Race applications can be downloaded from www.natchitochesrunwalkclub.com under “Upcoming Races” or www.natchitoches411.com.</p> <p>Contact Sarah Prud’homme at natchitochesrunwalk@gmail.com for more information.</p>	<p><i>Parks & Recreation Department</i></p> <ul style="list-style-type: none"> • Open basketball at the Martin Luther King Center (660 Martin Luther King Junior Drive, Natchitoches, LA 71457) from noon to 3:00 p.m. • Pickleball at the Martin Luther King Center (660 Martin Luther King Junior Drive, Natchitoches, LA 71457) from 9:00 – 11:00 a.m. <p>Contact Davin White at (318) 357-3892 for more information.</p>	<p><i>“Bring a Friend” Walking Challenge</i></p> <p>The Natchitoches Run/Walk Club is hosting the “Bring a Friend” Walking Challenge with its 70+ Club members. Members will be encouraged to recruit as many family and friends to walk with them in their home neighborhoods for 30-minutes on Tuesday and Thursday.</p> <p>Participants must submit a group photo with names of all participants to the Run/Walk Club Program Director to be included in the challenge. Photo of the winning group will be sent to the <i>Natchitoches Times</i> for publication in the Sports Section.</p> <p>Contact Sarah Prud’homme at natchitochesrunwalk@gmail.com for more information.</p>



Turnoff Week Activity Schedule

September 2010

Wednesday, September 22	Thursday, September 23	Friday, September 24
<p><i>Parks & Recreation Department</i></p> <p>Open basketball at the Martin Luther King Center (660 Martin Luther King Junior Drive, Natchitoches, LA 71457) from noon to 3:00 p.m.</p> <p>Contact Davin White at (318) 357-3892 for more information.</p>	<p><i>Parks & Recreation Department</i></p> <p>Pickleball at the Martin Luther King Center (660 Martin Luther King Junior Drive, Natchitoches, LA 71457) from 9:00 – 11:00 a.m.</p> <p>Contact Davin White at (318) 357-3892 for more information.</p> <p><i>Northwestern State University Volleyball Game</i> Prather Coliseum @ 7:00 pm</p> <p>Get Fit Natchitoches is partnering with the Northwestern State University Volleyball team to host a special youth night in celebration of Turnoff Week. Youth in attendance at the game will receive an official Turnoff Week water bottle and be publically recognized through a public service announcement about the importance of being active and minimizing screen time.</p> <p>Contact Adam Johnson at 318-357-4268 for more information.</p>	<p><i>More Than Gold: Encouraging Healthy Bodies and Strong Minds</i></p> <p>Sheila Taormina, an Olympic Gold Medalist and Triathlon World champion, will be sharing her athletic experiences with the students of Northwestern State University Elementary Lab School, St. Mary’s Catholic School, and Natchitoches Central High School La. during special school assemblies.</p> <p>Her <i>More than Gold</i> presentation will share insights into the Olympics and behind-the-scene stories from the Games, while encouraging healthy bodies, good posture, and strong minds. Her most important message woven throughout the presentation is how to develop the spirit to keep working towards one's dreams without giving up. More detailed biographical information on Sheila Taormina is available at http://www.sheilat.com.</p>



Turnoff Week Activity Schedule

September 2010

Saturday, September 25	Sunday, September 26	
<p>Natchitoches Run/Walk Club Group Run/Walk Open Invitation</p> <p>The Natchitoches Run/Walk Club invites community members who participated in Turnoff Week activities to join them free of charge for their Saturday morning group run/walk session starting at 6:00 am from Trinity Baptist Church (527 Howard Street).</p> <p>Club offerings include:</p> <ul style="list-style-type: none"> • 5K/10K – walking, run/walking, running • Half-marathon – walking, run/walking, running • Marathon – run/walking, running <p>For more information, visit www.natchitochesrunwalkclub.com or contact Sarah Prud'homme at natchitochesrunwalk@gmail.com.</p> <p>Meat Pie Triathlon Pre-Race Pasta Party Location: Natchitoches Events Center Start Time: 5:00 pm</p> <p>Guests will enjoy a catered healthy meal from Lasyone's Meat Pie Restaurant and hear from Sheila Taormina, an Olympic Gold Medalist and Triathlon World champion. Visit www.imathlete.com for more information and to purchase tickets.</p>	<p>Meat-Pie Triathlon Location: Natchitoches, La., downtown riverbank Start Time: 6:00 am</p> <p>This annual event will challenge contestants with a half-mile swim, 20 mile bike-ride, and 3.1 mile run. This year's pre-race Pasta Party keynote speaker is Sheila Taormina, a world Triathlon winner and the only woman to compete in three different sports in the Olympics. For more information or to register, visit www.imathlete.com.</p>	<p style="text-align: center;">Questions?</p> <p style="text-align: center;">Comments?</p> <p style="text-align: center;">Contact Get Fit Natchitoches Program Staff at getfitnatchitoches@gmail.com or 337-356-4025.</p>