

Save the Date!
2010 Rise to the
Challenge 5K/2K
May 22nd



St. John the Evangelist Healthy Lifestyle Challenge

2009 Wrap Up
NEWSLETTER



Congratulations and thank you to all of the participants, volunteers, supporters and sponsors of the 2009 St. John the Evangelist Healthy Lifestyle Challenge!

The Challenge raised awareness of nutrition and health issues, as well as raised funds for the Parish and School. Approximately \$3K will be split between the Parish and the School and a donation of \$350 will be made to the American Diabetes Association to benefit the greater community's health through continued education and research. Additional perishable donations were made to Carroll House, a local homeless shelter.



A very special thank you to all of our volunteers and racers who participated in the 2009 Rise to the Challenge 5K & 2K Run/Walk. Over 150 racers, ages 3 – 68, contributed to a great first race for St. John the Evangelist! Kevin Somok and Laura Donnelly-Smith were the 1st place finishers (male & female) for the 5K and Kyle Calcutt and Natalie Lamphear crossed the finish line first in the 2K. Final race times are posted on www.sjeparish.org/ and www.sjte.org/news/hlc/5k2kfunrunwalk.



Please remember our terrific 2009 sponsors: Francis J. Collins Funeral Home; Wheaton Auto Body Shop; Friendship Heights Rehabilitation Center; Maryland Sports Medicine Center; Pacers; Dr. Alice Charland Stutzman, DMD, MAGD; Technology Service Corporation, TSC; Elsabet H. Tekle, DDS, LLC; Whole Foods Market, Silver Spring; Elbe's; Hoover-Fisher Florist; Safeway Inc.; Snider's Super Foods; and Wheaton Studio of Dance.



Many thanks too for the support and encouragement of our good neighbors. Enjoy a healthy and happy summer!



Sponsors of the 2009 St. John the Evangelist's Healthy Lifestyle Challenge
& Rise to the Challenge 5K & 2K Run/Walk



Platinum
Francis J. Collins Funeral Home

Gold
Wheaton Auto Body Shop

Silver
Friendship Heights Rehabilitation Center
Maryland Sports Medicine Center
Pacers
Dr. Alice Charland Stutzman, DMD, MAGD
Technology Service Corporation, TSC
Elsabet H. Tekle, DDS, LLC
Whole Foods Market, Silver Spring

Champion
Elbe's
Hoover-Fisher Florist
Safeway Inc.
Snider's Super Foods
Wheaton Studio of Dance



Rise to the Challenge!

