

fit&fun Summer Challenge



June

21 THURSDAY
**SUMMER KICK-OFF
BLOCK PARTY**
PIHA, 5:00-7:30 pm • Free

Includes music, face painting, games, selfie booth, and more! A free family BBQ begins at 6 pm. Stop by 58 Birch Street.

23 SATURDAY
**GUIDED WALKING
TOUR**
Downtown PI, 10 am • Free

Tours begin and end at the Estey House. Tours last about two hours and cover about two miles. Reservations suggested, call 764-1151.

30 SATURDAY
SPLASH & DASH
Mapleton Rec, 2 pm • \$10

Sponsored by TAMC, the Mapleton Rec Dept. and MSAD 1 Adult & Community Education. This is a fun event that combines running and swimming. The focus is on participation rather than competition. Open to kids ages 8-12 (by 12/31/18). Registration takes place from 1:00-1:30 pm at the Mapleton Elementary School. The event gets underway at 2:00 pm at the Mapleton Rec. Kids 8-9 will swim 1 lap and run a 1/2 mile; those 10-12 will swim two laps and run 1 mile.

*Get your passport card
punched at each event you
take part in and earn prizes!*

PRIZES

3 Punches: Water Bottle
5 Punches: Insulated Lunch Bag
7 Punches: T-shirt
10 Punches: Zippered Sweat Coat

July

20 FRIDAY
SPLASH & DASH
FF Rec, 2 pm • \$10

Sponsored by TAMC, the Fort Fairfield Parks & Rec and MSAD 1 Adult & Community Education. Open to kids ages 8-12 (by 12/31/18). Registration takes place from 12:30-1:00 pm at the Rec Dept. The event gets underway at 2:00 pm. Kids 8-9 will swim 1 lap and run a 1/2 mile; those 10-12 will swim two laps and run 1 mile.

26 THURSDAY
ROCK THE CHALK
Riverside, 6:00-8:30 pm • Free

Kids corner activities at Rockin' on Riverside provided by the Northern Lighthouse. Other chalk-related activities sponsored by the Aroostook Partners in the Arts.

28 SATURDAY
**NORDIC TRAIL
FESTIVAL**
Nordic Heritage, Day Long Event

Kids events, games, and both hiking and biking events planned. Food vendors on site.

31 TUESDAY
KIDS ON THE TRACK
Fairgrounds, 6-8 pm • Free

Sponsored by TAMC. Games and other free activities included in gate admission to the Northern Maine Fair.

The Fit & Fun Program is sponsored by



For more details
contact Jamie Guerrette
at 768-4008 or
go to www.tamc.org.

August

7 TUESDAY
NATIONAL NIGHT OUT
PIHA, 4-7 pm • Free

A night of community involvement at PI Housing, hosted by the PIPD and several area businesses with the hope of promoting a police-community partnership to make our homes and neighborhoods safer.

11 SATURDAY
COLOR PI 5K
Riverside, 9 am

Take part in the largest 5K in The County as part of the Color PI event. This non-timed, fun event starts and ends at Riverside Park. Cost is \$25/person before August 1st; children 10 and under run free when accompanied by an adult. The race gets underway at 9:00am.

12 SUNDAY
**BIG RUN AROUND THE
MOUNTAIN Half Marathon**
Bigrock, 7:30 am • \$25

As part of Mars Hill Homecoming, TAMC, Bigrock and the Mars Hill Rec are hosting a half marathon. You can run/walk the 13.1 miles around Bigrock in this road race. Registration begins at 7:00 a.m. Online registration will be open soon. There will be a free kids race too. Look for more details soon.

25 SATURDAY
FUN ON THE FIELD
Fairgrounds, 1-3 pm • Free

Come enjoy games, inflatables, an obstacle course and more by TAMC and Northern Lighthouse, as well as kids firemen muster activities by the Presque Isle Fire Department.

29 WEDNESDAY
SPLASH PAD PARTY
Riverside, 10:30-12:30 • Free

Bring a towel and enjoy the morning. Free lunch will be provided courtesy of the Summer Gap Feeding Program. The Splash Pad is free and open to everyone throughout the summer!