

powerup

5th Annual

PowerUp Week

POWERUP PRESS | APRIL 2019

CELEBRATE POWERUP WEEK MAY 4 – 11, 2019

We all want our kids to grow up happy and strong – that's what PowerUp week is all about. This special week is a time for kids, families and the entire community to have fun. It's a time to get inspired, eat better, move more and PowerUp. Look Inside to find lots of ways to celebrate and PowerUp all week long.



HAPPY BIRTHDAY CHOMP!

Chomp is turning six! Help him celebrate at libraries across the St. Croix Valley with story-time and fun activities! Find out more inside and at powerup4kids.org/week.



JOIN THE FUN DURING THE 5TH ANNUAL POWERUP WEEK MAY 4-11!

ALL EVENTS are FREE or low cost.

SATURDAY



PowerUp Family 2K*
8:45 a.m.
Soo Line Park
Amery, WI



Kids Cooking Class
Chomp's Birthday Parfait*
10 a.m. and Noon
Cooks of Crocus Hill
Stillwater, MN ●



Animals of Willow Hike
10 a.m.
Willow River State
Park, Hudson, WI



Chomp's Birthday Party
10:30 a.m.
Amery Public Library
Amery, WI ●



Outdoor Nature Games for Kids! (Ages 4-11)
2 to 3 p.m.
William O'Brien State Park
Marine on St. Croix, MN

PowerUp Dance Party
6:30 to 8 p.m.
Curio Dance Studio
Stillwater, MN ●

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MONDAY



Chomp's Birthday Party
10:30 a.m.
Wildwood Library
Mahtomedi, MN ●



Chomp's Birthday Party
10:30 a.m.
Valley Library
Lakeland, MN ●

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TUESDAY



Chomp's Birthday Party
10:30 a.m.
Bayport Library
Bayport, MN ●



Fat Tire Biking*
5 to 7 p.m.
Lake Elmo Park
Reserve
Lake Elmo, MN ●

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WEDNESDAY



National Walk and Bike to School Day



Chomp's Birthday Party
10:15 a.m.
Stillwater Library
Stillwater, MN ●

PowerUp Ambassador Training*
4 to 6 p.m.
Lakeview Hospital
Stillwater, MN



Open Gym, Swim, and More
5 to 8 p.m.
New Richmond Area Centre
New Richmond, WI



Chomp's Birthday Party
11:15 a.m.
Hudson Library
Hudson, WI

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THURSDAY



PowerUp Does Dinner: After School Cooking Class*
3:30 to 5 p.m.
Farm Table Restaurant
Amery, WI

PowerUp in the Garden: Leafy Lettuce*
5:30 to 6:30 p.m.
Bayport Library
Bayport, MN

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Visit powerup4kids.org/week to find out more about events and activities happening during PowerUp Week and the entire month of May!

FRIDAY



Chomp's Birthday Party
10:30 a.m.
Lake Elmo Library
Lake Elmo, MN ●



Chomp's Birthday Party
10:30 a.m.
White Bear Lake Library
White Bear Lake, MN ●

Ultimate Martial Arts Open House
6 to 8 p.m.
UMA Stillwater
Stillwater, MN ●



PowerUp Open Gym
6 to 8 p.m.
Hillside Elementary School
New Richmond, WI

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SATURDAY



Bike Safety Rodeo*
10 a.m. to 2 p.m.
Stillwater Medical Group parking lot
Stillwater, MN ●

Geocaching with PowerUp
10 a.m.
Willow River State Park, Hudson, WI

Mothers' Day Treasure Hunt*
10:30 to 11:30 a.m.
William O'Brien State Park
Marine on St. Croix, MN

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SATURDAY



BearPower Breakaway Family Bike Ride*
8:30 a.m.
Otter Lake Elementary
White Bear Lake, MN ●



Little Tyke Hike: A Self-led Family Adventure
10 a.m. to 3 p.m.
Interstate State Park
Taylors Falls, MN

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* Register at powerup4kids.org

● Chomp appearance



Chomp birthday party



Open gym/run/hike



Cooking class



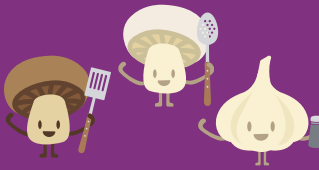
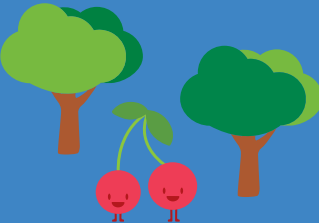
Bike event

READY, SET, TRY!

TRY-ATHLON TRACKER

START

LANE 1

<p><input type="checkbox"/> COOK TOGETHER AS A FAMILY</p> 	<p><input type="checkbox"/> PLAY AT A PARK</p> 	<p><input type="checkbox"/> TRY A NEW FRUIT OR VEGGIE</p> 	<p><input type="checkbox"/> I TRIED (WRITE IN)</p> <hr/> <hr/>
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LANE 2

<p><input type="checkbox"/> GO FOR A BIKE RIDE</p> 	<p><input type="checkbox"/> PLAY TAG</p> 	<p><input type="checkbox"/> TRY A POWERUP RECIPE</p> 	<p><input type="checkbox"/> ATTEND A POWERUP CLASS OR EVENT</p> 
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LANE 3

<p><input type="checkbox"/> DANCE</p> 	<p><input type="checkbox"/> EAT TOGETHER AS A FAMILY</p> 	<p><input type="checkbox"/> TRY FRUIT-INFUSED WATER</p> 	<p><input type="checkbox"/> I TRIED (WRITE IN)</p> <hr/> <hr/>
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FINISH

HOW IT WORKS

1. POWER your way to the finish line. TRY at least three activities, one from each lane. Check them off as you go.
2. SHARE. Snap a photo of your finished TRY-athlon Tracker and email it to: info@powerup4kids.org.
3. WIN! All entries sent in by June 1, 2019 will be entered for a chance to win a **new bike from Art Doyle's Spokes & Pedals** or an **Instant Pot**.



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READY, SET, TRY!

LOOK INSIDE to find our PowerUp TRY-athlon tracker and your chance to win a new bike (\$350 value) or an Instant Pot (\$100 value).



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powerup™

JOIN US!
MAY 4-11

5th Annual

PowerUp Week