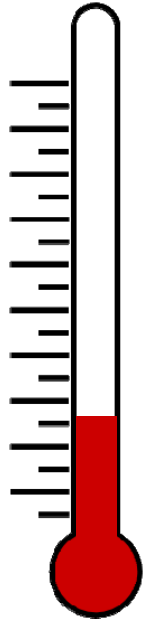


Bullard Kids' Park

\$125,000



Join Our Cause

The Bullard Rotary Club is kicking off this fundraising campaign with a \$30,000 donation. We are again raising money to make some additions to the Bullard Kids' Park that many of you helped with a few years back. The Kids' Park has been a huge success, not only for the kids of Bullard, but all of the surrounding areas. We will be asphaltting the parking lot that has been only gravel for many years and adding a walking trail with exercise and stretching areas.



Become a sponsor:

\$10,000 to sponsor one of the two new Park Pavilions

\$8000 to sponsor one of eight stretching stations

\$125 to sponsor a sidewalk square 8' x 10'

Order here: <https://www.securedserver.net/etcf/brick.php>

To kindly donate to our Bullard Kids' Park additions, please make checks payable to Bullard Rotary and mail to:

Bullard Rotary Club
PO Box 913
Bullard TX 75757

Fit-Trail.

Enjoy Every Move You Make!

HERE'S HOW IT WORKS

- FIT-TRAIL is a series of exercise stations located along a trail or in one central location.
- You are at the INFORMATION STATION of the system.
- Each exercise station has an EXERCISE INSTRUCTION sign and EXERCISE APPARATUS.
- Do each exercise SLOWLY and CAREFULLY according to your physical condition and ability.
- Proceed from station to station and perform the exercises as
- You can monitor your heartbeat by using the TARGET HEART BEAT RANGE GUIDES.
- TAKE YOUR 10 SECOND PULSE RATE BEFORE STARTING THROUGH THE SYSTEM. This rested pulse rate will be used during the cool down phase of the system. At the end of your workout, cool down until your pulse rate returns to its beginning level.
- All exercises are for both MEN and WOMEN.
- Be sure to consult your doctor before starting any exercise





8" x 8" engraved donor recognition bricks



Order here: <https://www.securedserver.net/etcf/brick.php>

