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WISCONSIN DELLS EVENTS



Wednesday, January 6, 2010

weather



High: 21°F
Low: 13°F
Snow

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Olympians to move and munch here

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Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton see eating right and regular physical activity as important to students' well-being as mastering the three R's, and they will carry that message to students at Spring Hill School Friday at 1 p.m.

FitzRandolph and Favor Hamilton will join students and staff of the Wisconsin Dells School District to stress the importance of a healthy eating and fitness program for Wisconsin public schools called "Movin' and Munchin'."

The program, administered through the Department of Public Instruction and sponsored by the WEA Trust — a not-for-profit group health insurer that insures many Wisconsin public school employees — encourages children, their families and public school employees to eat healthy and have regular physical activity through the program offered in their local schools. Schools that participate in the Movin' and Munchin' program may receive up to \$1,000 in awards.

Suzy Favor Hamilton is a three-time Olympic contender, holds nine NCAA titles, is the winner of seven national championships, and four-time Big Ten Female Athlete of the Year. Hamilton graduated from Stevens Point High School and is a UW-Madison alumnus. She lives in Madison with her husband, Mark Hamilton, and their daughter, Kylie.

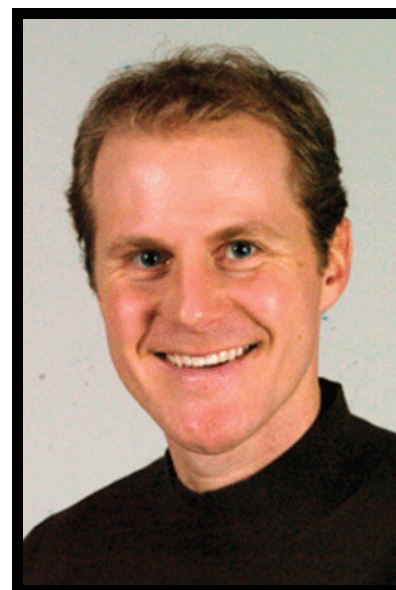
Casey FitzRandolph is a three-time Olympic competitor in speed skating, who won the Gold Medal at Salt Lake City in 2002, and holds the Olympic record for fastest 500m in long-track speed skating. He graduated from Verona Area High



Suzy Favor Hamilton

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Casey FitzRandolph

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School and attended Carroll College. He lives in Madison with his wife, Jennifer, their son, Sawyer, and daughter, Cassidy Anne.

An estimated crowd of over 800 kids, public school employees, the public and the media are expected to attend.

The Wisconsin Dells School District was chosen as the site of the event because of the ongoing enthusiasm and commitment to nutrition and exercise programs for students, staff and community alike.

The event will include speeches and highlight films from both Olympians.

The public can attend, but people should check in at the front office before going the gym.

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