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For Immediate Release

***BONESHAKER PROJECT FAMILY BIKE NIGHT AT AISD CASEY ELEMENTARY SCHOOL
presented by Fittest Family Contest***

Austin, TX - On March 20th, 2014, 5:00-7:00 PM, [Boneshaker Project](http://www.boneshaker.org) (www.boneshaker.org), a local nonprofit that works in the community to inspire kids to live healthy, active lifestyles, is collaborating with [Fittest Family Contest](#) to produce Boneshaker [Family Bike Night](#). The night will feature a three-station experience for kids and parents: #1 *Safety First*, #2 *Bikes -Like People- Come in All Shapes & Sizes* and #3 *FUN Obstacle Course*. The venue, AISD's Casey Elementary in South Austin, is in its third year of PTA's Fittest Family Contest, supporting healthy lifestyles and family engagement. The evening will include opportunities for learning, exercise, family bonding, and interaction with local cycling mentors!

Boneshaker Project will also kick-off Amplify Austin with this event. Amplify Austin, March 20/21 is 24 hours of giving coordinated [by I Live Here. I Give Here](#), potentially benefiting 450 Central Texas non-profit organizations. Boneshaker Project will be streaming live from the event to share their activities with the community. To support Boneshaker's efforts during Amplify Austin: Day of Giving, see their page <https://amplifyatx.ilivehereigivehere.org/boneshaker/overview>.

Casey Elementary PTA Fittest Family Contest is based on rewards for participation; the program encourages students and their families to be aware of how to make healthier choices, and to begin to form new patterns that support awareness in a family. Additionally, each time a family participates they earn "FitBux," which can be turned in for prizes throughout the year.

Boneshaker Project's mission is to inspire kids towards daily physical activity and encourage them to lead others to pursue healthier lifestyles. Boneshaker Project produces grassroots afterschool and weekend cycling, running, general fitness and healthy lifestyle programs and events in the Austin area targeting kids ages 9-15. Social engagement is an integral part of their concept via Twitter ([BoneshakerTX](#)), Instagram ([BoneshakerTX](#)), Facebook ([Boneshaker Project](#)) and via website www.boneshaker.org.

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