

Elementary Track 2009 Jog-A-Thon

Saturday, November 21, 2009

Our jog-a-thon is a fun and fit activity for kids and adults. Joggers set realistic lap goals based on age and developmental ability. Each jogger should provide their own drinks and snacks and will receive a commemorative T-shirt for participation.

Our goal is to help the fundraising committee raise enough money to fund the Federal Way School District's Elementary Track Program.

We hope that each family will participate in the jog-a-thon to the best of its ability. We can achieve our goal if each jogger gets at least 10 pledges. We're hoping to make this jog-a-thon the best ever, so the more contributions you raise, the more successful we'll be at achieving our goal.

It would be best if there was an individual from each school to coordinate their school's participation. It could be a teacher, coach or an interested parent.

To insure that each participant receives a t-shirt in his or her size e-mail me at edbarney@mail.com with a list of participant's names, school and size by November 6th. Late orders may have to wait a few weeks for delivery of their t-shirts.

Thank you very much for your participation!

Rules

1. Joggers may start collecting pledges as soon as they receive the pledge sheets. **Reminder: Pledge sheets need to be turned in on jog-a-thon day, Saturday, November 21, 2009.**
2. Pledges may be made by anyone. **Please ask everyone who pledges if their company has a matching gift fund policy.**
3. **Each sponsor making a pledge should write their own name, pledge per lap, and maximum pledge.** Students may collect the pledge in advance but must keep pledges until all funds are collected.
4. The track will be open from 9:00am and close at 4:00pm on jog-a-thon day. Participants may arrive at any time to jog their laps. The official kick-off festivities will begin at 9:00am
5. On jog-a-thon day, each participant can begin jogging/walking after they have checked in. Each lap on the track is 1/4 mile. Each participant will be issued a "lap tag," which will be punched each time the jogger reaches the starting point, thereby keeping track of the number of laps completed.
6. Upon completion of the jog-a-thon, joggers will hand in their lap tags. A volunteer will record each jogger's lap total on their pledge sheet and return it. Joggers may then collect outstanding pledges. **Please return pledge sheets with the money to the Federal Way School District by Friday, December 4, 2009.**
7. Participants are encouraged to wear appropriate attire for the weather conditions.

We look forward to all our participants having a great time! For questions or concerns, or to volunteer, call Ed Barney at 253-946-5664 or email me, edbarney@mail.com.