

# Lawton Run-a-thon

Benefiting both the John R. Crosby Memorial Foundation & the Lawton PTO

Dear Lawton Families,

We look forward to having your child(ren) participate in the 7th Annual Lawton Run-a-thon! The Run-a-thon is a school-wide community event, which raises money for The John R. Crosby Foundation and the Lawton PTO. John Crosby was a Lawton Student who passed away in October 2001 after a six month battle with cancer. Please read more about the ways the John R. Crosby Foundation supports pediatric cancer services and research in the attached information. The profits that Lawton receives will be used for field trips, assemblies, and other "extras" Lawton students enjoy. We hope this will be another fun and challenging event, and of course, we're hoping for great weather! Please note that participants are able to earn awards for physical achievement. Read on for more information.

## WHEN IS IT?

The Lawton Run-a-thon will be held on **Sunday, October 12, 2008 from 12:00 pm to 5:00 pm**. Participants may arrive and begin at any time during the day, but the event will end promptly at 5:00 pm. Please allow enough time for your child to complete his/her desired number of laps (the course will be 5 laps/mile). Participants may leave and return to complete more laps - so don't let those other Sunday activities stop you! Please note: **The event will be held rain or shine. In the event of inclement weather, the Run-a-thon will be moved indoors.**

## WHAT IS IT?

There will be a course marked out on the grass field behind the school. The course will be 1/5 of a mile long, so 5 laps equals 1 mile. **Participants may run or walk**, and are encouraged to pace themselves to complete as many laps as possible. Official lap counters will record the total number of laps completed by each participant. Awards will be given for certain levels of achievement (see **AWARDS** section). Water will be provided to participants on the course, and food and drinks will be available for purchase. Be sure to bring some extra money in case you'd like to have lunch or a snack!

## WHERE WILL IT BE HELD?

The course will be behind Lawton school, just off the blacktop area of the playground. Please check your child(ren) and yourselves in at the **Registration Table** in the school auditorium. You may park in the school parking lot, or on the surrounding streets, but please walk around the outside of the building and **enter the auditorium from the blacktop area**, as the school corridors will be locked. Participants will have access to rest rooms inside the school.

## WHO CAN PARTICIPATE?

All Lawton students are encouraged to participate; and teachers, parents, grandparents, siblings, friends and neighbors are invited as well! Bring the entire family to participate if you wish. **Parents, please note: children must be supervised at all times; please do not leave them unattended** - feel free to join in! **Pets**, however, are not allowed. The Run-a-thon Committee reserves the right to remove anyone from the course who is causing problems.

## SPONSORS

To officially enter the Run-a-thon, each participant must have at least one sponsor (there is no minimum pledge amount). The more sponsors you have, the more money we raise. Please have sponsors pledge a flat dollar amount rather than a per lap pledge, to make your pledge collection easier.

Use the attached sponsor form to keep a record of your sponsors. **Bring the entire sponsor form with you when you come to the Run-a-thon.** One copy is for our records and the other is for your use in collecting any pledges that are still owed. **The sponsor form will also serve as a permission slip to participate - be sure a parent or guardian has signed the form and that you have a parent or guardian accompany you and stay while you are participating.** (Extra forms are available in the Lawton office).

## COLLECTION OF PLEDGES

**Pledges should be paid in full on the day of the Run-a-thon when you register.** If any money is still owed, you can use your copy of the pledge form to keep track of collections; all monies must be turned in to the Lawton office **no later than Friday, October 17, 2008.**

## AWARDS!

The Run-a-thon is more than just a fundraiser. With Mr. Stewart's help, we're encouraging physical fitness in our students. So, we're challenging students to work towards earning a special award. **Every Run-a-thon participant will receive an award lanyard upon checkout the day of the event.** Individuals who complete the number of laps indicated below, according to grade, will receive special awards. These awards will be determined by the Run-a-thon committee, and will also be presented upon checkout the day of the event.

<u>Grade Level</u>	<u>Level I Award</u>	<u>Level II Award</u>
Pre-school	5 laps	10 laps
Kindergarten	5 laps	10 laps
1st Grade	10 laps	15 laps
2nd Grade	15 laps	25 laps
3rd Grade	20 laps	35 laps
4th Grade	25 laps	40 laps
5th Grade	30 laps	45 laps
6th Grade and up	35 laps	50 laps

# LAWTON RUN-A-THON PARTICIPANT GUIDELINES (PLEASE READ!)

The day of the Run-a-thon:

- **Be sure to bring your sponsor form signed by a parent or guardian. No one will be allowed to participate unless the form is signed and they have a parent or guardian present with them at all times.** Collect and bring your pledges with you to the event.
- Dress appropriately for the weather. Layers may be necessary if the morning is cool - a shirt must be worn at all times. **In case of rain, the event will be moved indoors!** No umbrellas will be allowed on the course. **Wear comfortable footwear or proper walking shoes, no sandals allowed** and consider bringing clean shoes (and if it is raining, dry clothing) to change into afterwards, as the course will likely be muddy.
- Before you start running (or walking), you must check in at the Registration Desk to get your number. You will be escorted to an Official Lap Counter who will record your progress on your sponsor form.
- Pace yourself so you can run longer. You can walk or take breaks if you get tired. Water will be available on the course. We will accommodate those participants with special needs - please let us know in advance.
- If you need to leave the course, but plan to return to the Run-a-thon later, let your Lap Counter know - your sponsor form will be held at the Lap Counter table. When you come back, you will be reassigned to a Lap Counter. When you are finished for the day, ask your Lap Counter to sign your form. Take your signed sponsor form to the Registration Table to “check-out,” and you will receive your Participation Ribbon.
- **Remember: the Run-a-thon will end promptly at 5:00 pm.**

## **A final note to parents and guardians:**

Last year's event was a great success; everyone had a wonderful time. Please plan to have your child(ren) participate. Please plan to come with your child(ren) and participate along with them or volunteer your time at the event. We need a lot of parent volunteers to pull this off. If you haven't volunteered yet, please feel free to contact Bridgette Skaff (668-8337) or Trina DeMott (769-0516). Thank you in advance for making this a great event.

Finally, the Run-a-thon Committee would like to extend a huge THANK YOU to Mr. Stewart for bringing the idea of a Lawton Run-a-thon to the PTO, and for working with us to set up the course and advising us of appropriate award levels. Lawton is so fortunate to have such a dedicated and caring physical education teacher!

If you have any questions about the Run-a-thon, please contact any of the Run-a-thon Committee Members: Paula Crosby (761-9688), Heather Walters (222-9959) or Julie Leonard (996-9604).