

# 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).