

Cougar Run Fun Run

How Does it Work???

1. **Set a Goal.** One lap around Cougar Run park is 1/3 of a mile. 5K=11 laps. Grade level suggestions based on last years numbers are as follows: K=6, 1st=7, 2nd=8, 3rd=8, 4th=9, 5th=10, 6th=11
2. **Get Pledges.** Use the pledge sheet to raise money by a flat donation or a dollar amount per lap. All gifts are tax deductible. Have the sponsor keep their check stub for tax purposes (donations over \$250 will receive a tax receipt).
3. **Participate in P.A.C.K. week.** Cougar Run's Health & Wellness Group is organizing a spirit week leading up to the Fun Run encouraging students to pack colorful healthy snacks. Look for details to come.
4. **Run, Students, Run.** After stretching out and warming up with Mrs. Scirati, kids try their best to run their goal number of laps (and more) during the school day. Families are encouraged to join in the run!
5. **Learn.** When finished running visit the wellness stations on the field featuring educational activities on nutrition, yoga, body systems and health.
6. **Collect the Pledges and Donations.** Students call their sponsors after they completed the Fun Run and share with them how many laps they completed. Pledges and Donations are due one week after the Fun Run on May 6th. REMEMBER: Donations can be turned in upon collection (no need to wait until the 6th.)
7. **Celebrate!** Prizes will be awarded for many categories beginning the week of May 2nd. Only students that turn in donation forms are eligible for prizes.

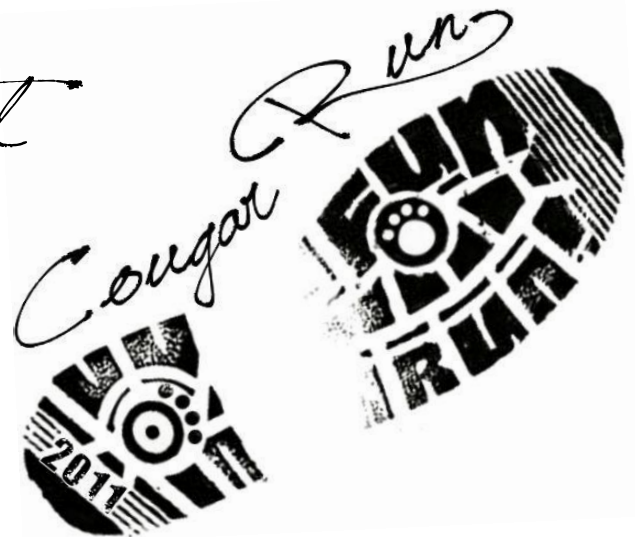
You're Invited

When: Friday April 29th, 2011

To: Support Your Child

Place: Cougar Run Field

Time: To Be Announced



100% of proceeds go directly to Cougar Run

Sponsored by **THINairNUTRITION** along with PIE and The Health & Wellness Group

Questions???

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