

COUGAR RUN FUN RUN 2012

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 are as follows: K=6, 1st=7, 2nd=8, 3rd=8, 4th=9, 5th=10, 6th=11
2. **Get Pledges.** Use the pledge sheet (other side) 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 and Wellness Group is organizing a spirit week leading up to the Fun Run, encouraging students to pack 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. **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 4th.
6. **Celebrate!** Prizes will be awarded for many categories beginning the week of April 30th. Only students that turn in donations are eligible for prizes.

YOU'RE INVITED

Friday April 27th, 2012

Come Support Your Child at this
School Wide Event

Kids Run at Cougar Run Park

Running Times:

9:00-10:30	2 nd & 3 rd Grade
10:00-11:30	AM Kindy, Little Cougars & 6 th Grade
12:40-2:10	PM Kindy & 1 st Grade
1:40-3:10	4 th & 5 th Grade

Runners stretch for the first 15 min of scheduled time.



100% OF PROCEEDS GO DIRECTLY TO COUGAR RUN

Questions??? Contact:

Julie Borgerding at (303)261-2597 julie@thinairnutrition.com or
Shannon Hall at (303)514-1500 shannon@thinairnutrition.com



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Fitness Character Education Funds

Student: _____

Grade - Teacher: _____

Return your money by May 4th to be eligible for prizes!

"Hi Grandma, I will be running, jogging or walking in our Springtime Fun Run to help our school raise money. I have set a goal of ____ laps. Each lap is 1/3 of a mile. 100% of the funds collected will finance *technology programs, enrichment programs, and educational support staff* at my school. Your donation to our school is tax deductible. Receipts will be sent for amounts over \$250, for lesser amounts your cancelled check is your receipt. Would you like to sponsor me with a per lap amount or a flat donation?"

Please make checks payable to Cougar Run PIE.

Sponsor Name and Phone Number	Pledge Amount (select one)		Total Amount Laps ran x Per lap or Flat Donation	\$ collected
	Per lap	Flat Donation		
Example: Grandma & Grandpa (417)555-1234	\$20.00		\$60.00 (for 3 laps)	✓
Example: Mom & Dad		\$200.00	\$200.00	✓
1.			\$	
2.			\$	
3.			\$	
4.			\$	
5.			\$	
6.			\$	
7.			\$	
8.			\$	
9.			\$	
10.			\$	
11.			\$	
12.			\$	
13.			\$	
14.			\$	
Grand Total			\$	

To reach our goal we hope each student finds at minimum of 10 sponsors and/or \$250 in pledges. Total Laps Run by your child will be sent home the day of the run. Once your student's pledge money is returned they will be eligible for prizes.

Need more space? Visit the website to download another sheet: www.thinairnutrition.com/FunRun.htm