



## School Fitness Challenge

October 6, 2018

ANNEBERG PARK ● MANHATTAN, KS ● 9:00 AM

### Come Join the Fun!

Help your school win CASH and do something that feels great! Chose your distance!

**This year's cash payout to schools is more than \$10,000!**

Money will be awarded to schools based on the most participation.

### How to Enter

Fill out the form below and return to your school's P.E. teacher, along with the \$5 registration fee, before **September 28**. You can also drop off your form or mail to Body First Wellness Center, 3615 Claflin Road.

### Purchase T-Shirts

You may purchase a t-shirt beginning September 1 at Body First Wellness Center for \$7. NOTE: T-shirts are available for participants only. Teachers at schools outside of Manhattan can reserve t-shirts for their students by sending email with t-shirt order to [mhkcrosscountry@gmail.com](mailto:mhkcrosscountry@gmail.com).

**Maps and more information available at [www.LetsGoRun.com](http://www.LetsGoRun.com)**

TO ENTER, complete this form and return with fee (\$5) to your school's P.E. teacher.

OR mail to Body First Wellness Center, 3615 Claflin Road, Manhattan, KS 66503.

Name \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_ Homeroom Teacher \_\_\_\_\_

**Total registration fee (\$5 per participant): \_\_\_\_\_**

**Please do not use this form to order T-Shirts. T-Shirts are available for \$7 at Body First Wellness Center.**

**Consent and Waiver:** By signing below, I acknowledge that the above information is accurate to the best of my knowledge. I also state that to the best of my knowledge, I am capable of participating in vigorous physical activity. I give my permission for the free use of my name and picture in any broadcast, telecast, print or other media account of this event, including future publicity for this event. In consideration of the benefits I will receive through this participation, I hereby release the Manhattan Cross Country Club, its employees, coaches, volunteers, sponsors, agents and all others associated with this event from any liability or claims arising from this activity.

Signature (parent or legal guardian, if under the age of 18.) \_\_\_\_\_

Date \_\_\_\_\_

## Here's how the School Fitness Challenge works:

- Youth in Grades K-8 are eligible for Fun Runs ranging from ¼ mile to 1 mile.
- The school with the highest number of runners participating will earn \$750; \$500 for second; \$300 for third; \$250 for fourth; \$150 for fifth; \$100 for sixth; and \$50 for seventh.
- The school with the highest percentage of runners will earn \$750; \$500 for second; \$300 for third; \$250 for fourth; \$150 for fifth; \$100 for sixth; and \$50 for seventh.
- Invited K-8 schools earn \$10 for each participating student, up to the first 30 finishers. Schools must have a minimum 10 students participating in the event to qualify for this incentive.
- Students have a choice to run the following distance based on their current grade level.
  - Grades K–2 – Option to run ¼ mile or ½ mile
  - Grades 3–5 – Option to run ½ mile or 1 mile
  - Grades 6-8 – Option to run 1 mile

All finishers will receive a medal and a trip through the Healthy Kids Snack Tent. Parking/bathrooms available in Anneberg Park on the day of the event. Handicap parking also is available for those with a disabled tag. Please ask volunteers to direct you toward handicap parking when you arrive.

**Buy t-shirts beginning September 1!** T-shirts are available for purchase (\$7) at Body First Wellness Center, 3615 Claflin Road in Manhattan.

### Event Schedule

- 9:00 a.m. – K–2, ¼ mile run. Youth will be divided into 4 or 5 heats
- 9:30 a.m. – K–2, ½ mile run. Youth may be divided into 2 to 3 heats
- 9:50 a.m. – Grades 3–5, ½ mile run. 2 heats expected
- 10:15 a.m. – Grades 3–5, 1 mile run. 2 heats expected
- 10:35 a.m. – Grades 6–8, 1 mile run. 1 heat expected

Plan to arrive at least 30 minutes before your run begins. Traffic is very heavy on the day of this event. Event updates available at: [www.Facebook.com/SchoolFitnessChallenge](http://www.Facebook.com/SchoolFitnessChallenge)

### Electronic Chip Timing

This year's event will be timed with the IPICO Sports timing system, which uses an electronic chip attached to each participant's bib number. You will attach the bib to the front of your shirt with four pins; please use the holes on the bib and do not puncture or fold the electronic chip. You will receive your bib number and additional race information at your school before the event.

### About the Manhattan Cross Country Club

The Manhattan Cross Country Club was formed to encourage age-appropriate distance running for youth as a means to lifetime fitness and health. The club's guiding philosophy is to promote good sportsmanship, respect for teammates and self, and a positive attitude toward self-improvement, confidence-building and goal-setting. Learn more at [www.LetsGoRun.com/Run4Fun.htm](http://www.LetsGoRun.com/Run4Fun.htm)

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