#### **WAIVER**

Must be completed by the parent/legal guardian

I hereby waive any and all rights for myself, my heirs, executors, and administrators to claims for damages I may have against any sponsor, coordinating group, or any individual associated with the schools in Allenstown. This includes representatives and successors. I will hold them harmless for any and all injuries suffered in connection with this event. I also attest that my child is physically fit to compete in the event.

Parent/Legal Guardian Signature

Student Name:

Parent/Legal Guardian Printed Name and Mailing Address

**Phone Number:** 

Please also complete and sign reverse. **Both sides must be completed to participate.** Students returning this
form after June 16<sup>th</sup> will only be permitted to walk.

## Healthy Benefits of Walking and Running









- Weight and blood pressure control
- → Bone, muscle and joint health and maintenance
- → Reduction in the risk of diabetes
- → Improved psychological welfare
- → Better academic performance

The Walk/Run Race isn't just fun, it's good for you too!

Any questions regarding the race should be forwarded to Phyllis Irzyk at pirzyk@sau53.org or call 485-4474, ext. 203



2017 Walk/Run Race

Hosted by Allenstown PTO and the Allenstown Schools

## Wednesday, June 21st

Beginning at 9am at Allenstown Elementary School 30 S. Main Street



# BE HEALTHY and RAISE MONEY!

#### 1. GET SPONSORS!

Take your sponsor form everywhere! Send an email, write a letter, use Facebook...or just pick up the phone! Make sure you tell everyone how the Eagles Rock the Block Walk/Run Race provides for your school.

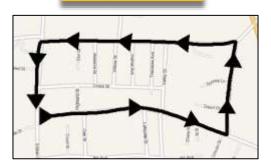
#### 2. COLLECT DONATIONS!

Sponsors can pay cash or make a check payable to *Allenstown PTO*.

#### 3. PARTICIPATE!

Bring your donations and this sponsor form to school NO LATER THAN JUNE 16TH. Each participant will receive a *popsicle* at the end of the race and those raising \$25 or more will receive a special prize. The student who collects the most donations will win a Fitbit Alta HR.

#### THE COURSE



The course is mainly flat, with two rolling hills. The 1.3 mile course begins at AES, proceeds up Granite St., then onto Letendre Ave. From there we swing onto School St. and head back to AES via Main St.

Safety features include adult spotters and Allenstown Police. Water is available at the half-way point, as well as at the end.

**Every student** who participates in the race will receive a popsicle at the end.

## **RUNNERS START AT 9:00am WALKERS START AT 9:30am**

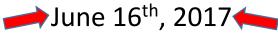
#### **SPONSOR LIST**

Student Name:\_\_\_\_\_

Grade/Teacher: \_\_\_\_\_ I'm a: walker( ) runner( )

| SPONSOR NAME              | DONATION AMOUNT (\$) |
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| Total donations received: |                      |
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All donations are due on or before



### Prizes for Money Raised\*:

**\$25-\$75**: Water Blaster

**\$76-\$125**: Sky Spinner Trick Disk

\$126 and up: Glow-in-the-Dark Scoop Toss

#### ★Top Donation Collector WINS a Fitbit Alta HR★

\*One prize per student \*\*Student who raises the most money, through sponsorship, wins a Fitbit Alta HR. \*\*\*Prizes may change, based on availability.

Please make checks payable to ALLENSTOWN PTO

# DUE BY JUNE 16, 2017 REGISTRATION FORM

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ian during the walk.

Teacher

Grade

Student Name

Runner Walker Circle one: Female Male Circle one:

Check one: ( ) Yes, my child can participate

( ) No, my child can NOT participate

Parent/Legal Guardian Signature:

Please also complete and sign reverse. **Both sides must be completed to participate**. Students returning this form after June  $16^{ ext{th}}$  will be permitted to WALK ONLY.

Weather permitting. If it rains, indoor activities will be provided.