

Saint Gabriel's
33rd Annual Jog-A-Thon
General Information Packet

To: Jog-A-Thon Participants - Students

Date: Sunday, October 18, 2015

Time: 8:30AM to 3:00PM

Place: Saint Ignatius College Preparatory Track (38th Avenue and Rivera)

Starting Times:

Kindergarten & First Grade	9:00AM to 9:45AM
Grades 2 and 3	10:00AM to 10:45AM
Grades 4 and 5	11:00AM to 12:00PM
Grades 6 and 7	12:15PM to 1:15PM
Grades 8	1:30PM to 2:30PM FINAL LAP!!

Purpose:

The Jog-A-Thon is a fundraiser for the school and is one event where students, parents, alumni, relatives, friends, and teachers can have fun together and help the school at the same time.

On the above date, students will meet 1/2 hour before their scheduled time for jogging at the St. Ignatius track. The student may walk, run, or jog around the track as many times as they possibly can during their specified time period. There will be a grand prize (\$100) given to the student who has the highest number of laps completed.

Permission Slips:

Included in the General Information Packet is a student permission slip that all children must complete before they can participate in the Jog-A-Thon. The permission slip is to be completed and turned in to his or her teacher by **Friday, October 9th**. Please remember that students cannot enter the Jog-A-Thon unless the permission slip is returned. We ask that each student return his or her permission slip (letting us know if they will or will not be attending).

Sponsor Sheets for Students:

Sponsor sheets can be found on the parent website. (Sponsor sheets are used for the purpose of obtaining the names of sponsors and to record the money amount pledged and total

laps jogged. The minimum pledge is **50 cents per lap or a \$15.00 flat fee per sponsor.**

Note: A fair jogger can make about 20 - 25 laps or 6 miles in the allowed one-hour period. Try to encourage sponsors to pledge as much as possible and to be sure to tell them that all donations are tax deductible. The grand prize (\$100) will be awarded to the student bringing in the most money. Bring your sponsor sheet on the day of the Jog-A-Thon and give it to your grade coordinator before you start to jog.

Instructions for Collection of Sponsor Money:

1. Payment by either cash or check is acceptable.

2. Make checks payable to:

SGPO/Jog-A-Thon.

3. You will receive a manila envelope with your name on it the week after the Jog-a-thon. When you have collected all your pledges, return the labeled jog-a-thon manila envelope (given to you by your grade coordinator) to your teacher by **Monday, November 16th.**

How to find Sponsors:

The first thing to remember is that you must **ASK PEOPLE TO SPONSOR YOU!** Just be yourself, and ask as many people as you can and most people will be happy to help. Here's a list that may help.

Mom and Dad, grandparents, aunts, uncles, cousins, brothers, sisters, family friends, parents friends at work, teachers, coaches, neighbors, your doctor, dentist, grocer, druggist, etc.

Remember to call your friends and relatives living out of town to sponsor you, and ask your mom and dad or guardian to take a sponsor sheet to work with them. Obtain a few pledges every single day, and you will get the best results. Don't be afraid to ask for more than the minimum pledge. Try to obtain as many sponsors as you can!

Collections:

After the Jog-A-Thon, your sponsor sheet will be returned to you in your manila envelope. Please contact your sponsors, tell them how many laps you jogged and the amount they owe you. For example, if you jogged 15 laps and your sponsor pledged \$1.00 per lap, your sponsor owes you \$15.00. Collect money from all your sponsors before bringing it to school in the envelope that will be given to you along with your sponsor sheet. When returning your money, **place the sponsor sheet, cash, or check in the envelope provided.** Please have all checks made payable to the **St. Gabriel Parent Organization/Jog-A-Thon.**

If your company matches your charitable giving, you may consider asking them to match your jog-a-thon donation. Please direct questions to Alice Lawrie in Development. Please mark the sponsor sheet in the Matching Donor column so that the proper paperwork can be completed and your child receives credit for the donation.

Deadline:

The envelope containing the money collected and sponsor sheet **MUST** be turned in by **Monday, November 16th** to be eligible for an award. Money turned in after **November 16th** will not be eligible for an award.

Awards:

All awards will be determined after all sponsor money is turned in by the **November 16th deadline date**. In order to be eligible for a prize, the student must collect a minimum of \$30.00. The rate for multiple child families will be: 2 children \$45.00 and 3 children \$55.00.

Awards will be given in the following categories:

1. Grand Prize to the top student who collected the most money.

\$100

2. Running the most laps: First, second, and third place medals will be given per grade level in both boy and girl categories to the students running the most laps. In case of a tie in any category the most money brought in will determine the award. Please remember, this is a fundraiser!

Special Recognition: Special recognition certificates will be given to those students who bring in \$100, \$200, or more.

Award Presentation: Awards will be presented to all the winners on **TBD**

On the Day of the Jog-A-Thon: All participants must check in with their grade coordinator 1/2 hour before the scheduled jog time. Your grade coordinator will take your sponsor sheet and keep it, and return it to you within one week, so you can begin collecting the money from your sponsors.

An official timer will signal when to begin jogging. **REMEMBER YOUR SPONSOR SHEET!**

What you need on the day of the Jog-A-Thon: Wear comfortable clothes: shorts, shirts, and running shoes. Do not eat a large meal before you jog. And remember, we are here to have fun. Please do not over exert yourself.

If your child has any medical condition that would affect their activity level, a parent must be present to supervise. We encourage your child to walk rather than run.

Refreshments: Plan to have lunch at the Jog-A-Thon. For your eating enjoyment, we will be having new food opportunities.....come and enjoy!

Please Note: No water devices of any kind will be allowed at this year's Jog-A-Thon. Should anyone bring any type of water device it will be taken away. Water for drinking will be supplied!

Saint Gabriel's Jog-A-Thon Student Permission Slip

I give my son/daughter _____ permission
(Please Print)

to participate in St. Gabriel's Jog-A-Thon to be held on **Sunday, October 18, 2015**, at St. Ignatius College Preparatory Track.

Child's Grade _____

We will attend _____

We are unable to attend _____

If your child is unable to attend, you may make a \$15 donation to help the class reach 100% participation.

Parent or Guardian Signature: _____

Please return permission slip to your classroom by **Friday, October 9th**



Parent Volunteer Notification Form

Sign - up on the parent website (sgsparents.com) to volunteer at the event. Please send in this form in to the Clinic after you have signed up on the website. This information will be helpful to your class coordinator.

Name: _____ Telephone No. _____

Child's Name: _____ Grade: _____

Please return this form to the Clinic no later than **Friday, October 9th**

