



Sunnyside Elementary School

Run to the Sunnyside! Fun Run and Walkathon

When: Sunday **September 25th**, 11am - 2pm (rain or shine)

Where: Playing Field at Aptos Middle School, 105 Aptos Ave (at Ocean Ave), San Francisco

Description: Students raise pledges for the number of times they run or walk around the track at the school. This is a great community building event and a way for kids to get exercise, have a great time and raise money for school programs.

Example 1: You ask a friend or family member to sponsor you for \$2 per lap and then you run or walk 20 laps. After the event you collect \$40 from your sponsor and turn it in with your pledge sheet.

Example 2: Your friend or family member sponsors you at a flat rate (a set amount no matter how many times you go around the track) which you collect and turn in after the event with your pledge sheet.

All runners will receive a medal after they complete their laps.

Prizes:

- The top 3 runners or walkers completing the most laps will receive special prizes!
- The runner in each grade who collects the most pledges will receive special prizes!
- Special party for the class that completes the most laps and/or raises the most donations!

All families are responsible for collecting donations from their sponsors within 2 weeks after the event. Postcards will be provided to follow up with your sponsors. Money and pledge forms should be turned in to your teacher or at the front office no later than October 11th.

This is the second year for our fun run and one of the many events that bring the whole school together. After the event we will gather on the playing field to share a potluck picnic. For siblings and friends who want to run there is a \$5 registration fee.

What to bring on the day:

1. Your pledge sheet
2. Your Run to the Sunnyside! tee shirt (available in advance-see order form)
3. Comfortable clothes and shoes
4. Potluck dishes (your room parent will tell you what is needed). Water will be provided.
5. Picnic blanket, sunscreen, cameras
6. We suggest you have a snack before the run starts at 12 noon. The run lasts 1 hour.

When you arrive at the event:

Registration is between 11-11:45am. Be on time to register with your pledge sheet because the running and walking begins exactly at 12 noon and finishes at 1pm. After you register, find the picnic area in the field for your grade to drop off your potluck dish. Listen for the start time announcement.

All information and event forms are on the website: www.sunnysidek5.org. Please contact the organizers Kari Gray (786-9935 kehgray@yahoo.com) or Rori Reber (378-5755 roniallan@gmail.com) to volunteer before or at the event.