

OB Elementary
FUN RUN!
2010 Jog-A-Thon



2010 Jog-a-thon is here!
FRIDAY,
FEBRUARY 19, 2010

This is our largest fundraiser of the year. Everyone is invited to come and enjoy the day! Our goal is to raise \$5,000! These much needed funds will go directly towards educational enrichment. Please get involved; give as much as you can; donate your time; get your businesses involved and corporate connections going!

Raise the cash...and get a new ride and Lunch!

Every student who brings in \$100 or more will be invited to a **Pizza Party Lunch, March 2**. And **also** entered into a drawing for a **new bike!** Bicycle drawing will take place during the **pizza party lunch**. You won't want to miss this party!



FUN RUN PRIZES!

- For donations of \$100 or more: entered in drawing for a **New Bike!**
- For donations of \$100 or more: an invitation to the **Pizza Party Lunch, March 2!**
- For donations of \$50 or more: a weeklong pass to the Front of the Lunch Line.
- For donations of \$30 or more: a free Homework Pass
- For the **top money earners:** (raise over \$250)
Frozen Yogurt with Principal, Ms. Johnson
- For the **top lap runners:** (boy/girl, in all grades)
Invitation to **Pizza Party Lunch, March 2**

The Day of the Event:

Each student will receive their own, official Lap Count Participation Certificate. Return your pledge sheet and money to school by Friday, February 26th to be eligible for **Pizza Party Lunch and New Bike Drawing** (remember... \$100 gets you in!) Lunch and Drawing will take place on March 2.

Volunteers Needed: Come join the "Cheering Squad" of Adult Volunteers the day of the Jogathon. We need your help to pull this off! Please contact Stephanie Larson if you are interested: obstephlarson@yahoo.com

Pledge Sheets & Money are due Friday, February 26th!

If for any reason you **do not wish** your child to participate in the jogging/walking portion of the event, please indicate below, sign, and return to your child's classroom. We will include them as helpers, sprayers or cheerleaders.

_____ will not participate in the running/
walking portions of Ocean Beach Elementary's February 19, 2010 Jogathon.

_____ parent's signature

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RUNNING SCHEDULE
FRIDAY, FEBRUARY 19

8:30 Kindergarten

Stewart=Yellow, Greene=Green, Silva-Flores=Blue, Robles=Red

9:30 First Grade

Herz=Yellow, Ritchey=Green, Tanner=Blue

10:30 Second Grade

Yoshimoto=Yellow, Giglito=Green, Wilson=Blue

11:30 Third Grade

Mochkatel=Yellow, Acoba=Green, Kilian=Blue

12:00 Fourth Grade

Quinn=Blue, Volpone=Green

Dress up in your Class Team Color! Have Fun!

Parents: Join in the fun and wear your child's color!

Money is due AFTER the Jogathon, by Friday, February 26.

Please see attached Nurses Notes for important health information regarding the event.

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SPONSOR SHEET

OB Elementary 2010 Jog-a-thon

**PLEASE RETURN SHEETS WITH DONATIONS BY
 FRIDAY, FEBRUARY 26**

Student Name: _____ Grade: _____ Teacher: _____

Total Laps Completed: _____ Total Amount Collected: _____

(This official count will be sent home the day of the Jogathon on the Participation Certificate).

Sponsors: Please make checks payable to OB PTA. Thank you for your generous support and help! OB PTA's Tax ID 03-0462303.

Sponsor's Name	Telephone No.	Pledge Per Lap	Flat Donation	Amount Collected
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

After the Jog-a-thon, your confirmed number of laps will be returned to you on your participation certificate

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NURSE'S N O T E S

The following are some general suggestions for you and your child to consider for the Jogathon:

Hydrate them well starting the day before the event; drink 1-2 glasses of fluids the morning of the Jogathon.

Wear layers of clothes, including shorts, sneakers and t-shirts so they can "shed layers" if it is warm out.

The classroom teachers and the volunteers will be watching the children for signs of overheating, which include:

- Cramps and spasms of the legs and stomach
- Hot, red, dry skin without any sweating
- Rapid pulse
- Headache
- Nausea and vomiting
- Fainting

If a child shows any of these symptoms, they will be pulled out temporarily to be assessed by the nurse. They will receive credit for one lap during this assessment. If a child vomits, for any reason, they will be held out from further participation.

If your child has Asthma, or related breathing problems, you should know that the area where the event occurs can be very dry and dusty, and can trigger an attack, or wheezing. If you wish your child to participate, please be sure there is an inhaler in the nurse's office, and a signed order from the Doctor in our records.

School Nurse