



## **Crow Island Run-A-Thon**

**May 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>**

***In the spirit of the Special Olympics and the best school ever made, give it all you've got and have the courage to do your best!***

### **What is the Crow Island Run-a-thon?**

Run-a-thon is Crow Island PTO's largest fundraising event of the year. It is a school tradition that dates to 1985. Run-a-thon promotes school spirit and physical fitness while raising funds for our school. It is special because the money raised for the school is tied to the children's participation and accomplishment. For this reason, Run-a-thon is a meaningful replacement for other possible fundraising events (such as an annual auction).



Again, this year, a portion of this year's proceeds will also benefit the Misericordia Special Olympics Track & Field Team – an opportunity for us to reach beyond our school and support our community. When you give, you contribute the equipment, athletic attire, and health supplies that can help transform an athlete's life. Traditionally, members of the Special Olympics team attend Run-a-thon to cheer on our students. While they are not able to attend live this year, they have prepared a special video to show their support.

### **When is the Run-a-thon race and how does it work?**

Run-a-thon will take place on May 17<sup>th</sup>, 18<sup>th</sup>, and 19<sup>th</sup> during the class scheduled KW time. Children are encouraged to run or walk 30 laps around an assigned track. As each lap is completed, teachers will mark off a lap on the back of the students' t-shirts. All runners and walkers can break for water. It is OK if a child completes fewer laps than the goal...Run-a-thon is not a race! We encourage the children to do the best they can.

### **How does Run-a-thon raise funds for Crow Island?**

In the weeks leading up to the event, children request donations from family and friends to support Run-a-thon. In exchange, they promise to do their best, completing as many of

their laps as they can and cheering their friends' efforts at the same time. Money raised goes towards school improvement, professional development of our teachers and purchasing various items on teachers' wish lists.

### **Is it fun?**

Yes! In a typical year, each class parades outdoors (like countries in the Olympics opening ceremony) poses for team pictures and runs with the other teams from their grade. Water breaks and the cheers of the crowd help power the children through their laps. After their grades run, the children receive popsicles and ribbons. It is a special and memorable day at Crow Island for students, teachers, and parents.

This year will look a little different due to visitor restrictions, as the children will run during their scheduled KW times and parents will not be allowed to attend. The teachers and support staff will cheer on the kids and the popsicles and ribbons will still be handed out after the run. A video will be sent out after the event so that parents can watch their children participate. Students will receive their Run-a-thon tee shirts from their teachers the morning of their scheduled run. Please make sure that they have comfortable athletic shoes to run in.

### **What are the students doing during KW to prepare for Run-a-thon?**

Leading up to Run-a-thon, KW class activities will include a focus on cardiovascular endurance, the idea of running pace ( such as the difference between a sprint and long distance running with a pace that matches the required task) listening to your body (whether you need to slow down and conserve energy or push yourself a bit more), setting goals to give focus, and how the run-a-thon brings the school together around a common goal.

### **How does my child collect and raise money?**

All your child has to do is ask parents, other family members, or close friends to make a donation for the Crow Island Run-a-thon. Please work with your child to decide who to contact and how to ask for support. A portion of the proceeds will benefit Misericordia Special Olympics Track & Field Team. The PTO welcomes and appreciates donations of any amount – all will be put to good use!

### **When and where does my child turn in the collected donations?**

This year, all donations can be collected online via PayPal on the PTO website, [crowisland36pto.org](http://crowisland36pto.org).

Thank you for your support of Run-a-thon!

Kim Fiedler

Katherine Banich

[KimFiedler73@gmail.com](mailto:KimFiedler73@gmail.com)

[katherinebanich@gmail.com](mailto:katherinebanich@gmail.com)

Stacy Burgoon

Hilary Hoye

[stacysburgoon@gmail.com](mailto:stacysburgoon@gmail.com) [hilary.hoye@gmail.com](mailto:hilary.hoye@gmail.com)