



Innovation Centre Encinitas

Jog-a-thon 2017

Guidelines for Students & Families

WHAT IS THE JOG-A-THON?

On Tuesday, November 14th each student will run, jog or walk around a track at ICE as many times as they can in 30 minutes. Prior to the event, each student will have an opportunity to raise pledges from family and friends for the school. The PTO will use that money to provide vital enrichment programs and support to our school. Plus the students LOVE it all while getting lots of exercise!!!

When? Tuesday, November 14th, 2017

Grades K-2 - 12:30pm

Grade 3-7 - 1:30pm

WHAT DO WE NEED TO DO?

- Complete the permission slip and return to your teacher **no later than November 13th**. Students without a signed permission slip will not be able to participate. Each student must have their own permission slips that are turned into their teachers. Do not add siblings to the same form.
- Ask relatives, friends, and neighbors to pledge either a flat amount or a per lap pledge.
**The track is approximately 1/10 mile*
- Fill out and mail sponsor letters to out of town relatives and friends. They can mail their donation directly to the school or go to www.innovationspto.org/jog-a-thon to submit online payment.
- Collect money after the Jog-a-Thon (checks payable **ICE PTO**).

HOW DO WE GET SPONSORS?

Getting sponsors is your most important job because it is the sponsors who will be donating money to the school. This is easier than you think – most people are happy to help! The key is to ask.

1. Ask someone to be your sponsor: tell them who you are, what you are raising money for and how they can help.
2. Explain that there are two ways to sponsor you – by lap or by flat donation. If the sponsor would like to make a flat donation, you can collect the money right then. Checks should be made out to ICE PTO.

HOW DO WE GET SPONSORS? (cont'd)

3. If a person chooses to sponsor you by lap, let them know that you will contact them after the Jog-a-thon to collect the donation.
4. Fill in the sponsor's name on the Pledge Sheet.
5. Fill in the "Flat Pledge" or "Pledge per Lap" amount on the Pledge Sheet.
6. Email copies of the Sponsor Letter to relatives and friends who live out of town. They can check off what amount they want to donate and mail their payment directly to the school.
7. After the Jog-a-thon, a form will be sent home to let parents know how many laps each child ran. **Please collect all pledges due and turn in with your pledge sheet(s) by November 30th.**th

Special note for parent/guardians:

If you would like to volunteer on the day of the event (track counter, water station, orange slices, etc),

Please contact Erin Chapman and Jamie Gilley at

jogathon@innovationspto.org



ICE

Jog-a-thon 2017

Frequently Asked Questions (FAQ's)

What is the Jog-a-thon?

On Tuesday, Nov. 14th students will run, jog or walk around a track at ICE as many times as they can in ~ 45ly and minutes. Prior to the event, each student will have an opportunity to get pledges from family and friends.

Is there a minimum amount that my child needs to raise to participate?

No, there are no minimums, all donations are welcome.

What should my child wear or bring the day of the Jog-a-thon?

Running shoes, comfortable clothing and sunscreen. A change of clothes for after, if desired.

Does my child need to bring water?

No, water will be provided. But it is always good to send water with your child.

Can I bring anything?

We will need water, cups and oranges. Coordinate with your class coordinator or room mom.

Do you still need volunteers?

Yes! We are always looking for volunteers, even if you can only come out for an hour.

How long will my child(ren) being running?

They will run/walk as many laps as they can in 30 minutes.

Can I run with my child(ren)?

Absolutely. Yes Please!! We encourage parent participation whenever possible. You can run, volunteer or just come out and cheer the kids on.

When is the last day to turn in a permission slip?

Monday, November 13, 2017

Who will keep track of laps?

Parent volunteers keep track of the laps. If you'd like to volunteer let your classroom coordinator know. We would love to have you out there. This is a fun event.

How will funds be collected?

After the Jog-a-thon we will give each participant their tally so that pledges can be collected. Funds will then be turned into class coordinators or room moms.

Who can I contact with questions?

Erin Chapman & Jamie Gilley
jogathon@innovationspto.org

Donelle Anderson (financial questions)
treasurer@innovationspto.org