



b 8th Annual Body First b
School Fitness Challenge

September 26, 2015 • Anneberg Park, Manhattan • 9:00 a.m.

Get event updates.
 Like us on Facebook!

Come Join the Fun!

Help your school win **CASH** and do something that feels great!
 You can run one of two distances based on your grade level.

This year's cash payout to schools is more than \$10,000!

Money will be awarded to schools based on the most students participating,
 and the highest percentage of students participating.

How to Enter

Fill out the form below and return to your school's P.E. teacher.
 You can also drop off your form at Body First Wellness, 3615 Claflin Road.

Purchase T-Shirts Beginning August 17

T-Shirts are available for purchase at Body First Tennis and Fitness, 3615 Claflin Road in Manhattan. The cost is \$3,
 and shirts are available beginning Aug. 17. **NOTE:** T-Shirts are available for participants only. Teachers at schools
 outside of Manhattan can reserve T-Shirts for their students by sending email with T-Shirt order to:
 Pat Melgares, melgares@LetsGoRun.com

No Race Day Registration

You may register through your school up until Sept. 21. Registration also will be available
 at Body First Tennis and Fitness from 4 pm to 7 pm only on Wednesday, Sept. 23, through Friday, Sept. 25.

Maps and online registration are available at www.LetsGoRun.com



TO ENTER, complete the form below and return with entry fee to your school's P.E. teacher:

Or, mail to: Body First School Fitness Challenge, *Attn:* Pat Melgares, 2345 Brockman Street, Manhattan, KS 66502.

Name _____ Female _____ Male _____

Address _____

City/State/Zip _____ Grade ____ School _____

Registration Fee: (\$1 per entrant) \$ _____ Homeroom Teacher _____

Please do not use this form to order T-Shirts. T-Shirts for this event are available for \$3 at Body First Tennis and Fitness, 3615 Claflin Road, Manhattan

Consent and Waiver: By signing below, I acknowledge that the above information is accurate to the best of my knowledge. I also state that to the best of my knowledge, I am capable of participating in vigorous physical activity. I give my permission for the free use of my name and picture in any broadcast, telecast, print or other media account of this event, including future publicity for this event. In consideration of the benefits I will receive through this participation, I hereby release the Manhattan Cross Country Club, its employees, coaches, volunteers, sponsors, agents and all others associated with this event from any liability or claims arising from this activity.

Signature (parent or legal guardian, if under age 18)

Date

Here's how the School Fitness Challenge works:

- Youth in Grades K-8 are eligible for Fun Runs ranging from ¼ mile to 2 miles.
- The school with the highest number of runners participating will earn \$750; \$500 for second; \$300 for third; \$250 for fourth; \$150 for fifth; \$100 for sixth; and \$50 for seventh.
- The school with the highest percentage of runners will earn \$750; \$500 for second; \$300 for third; \$250 for fourth; \$150 for fifth; \$100 for sixth; and \$50 for seventh.
- Invited K-8 schools earn \$10 for each participating student, up to the first 30 finishers. Schools must have a minimum 10 students participating in the event to qualify for this incentive.
- Students have a choice to run the following distance based on their current grade level.
 - Grades K-2 – Option to run ¼ mile or ½ mile
 - Grades 3-5 – Option to run ½ mile or 1 mile
 - Grades 6-8 – Option to run 1 mile or 2 mile

All finishers will receive a medal and a trip through the Healthy Kids Snack Tent.

Parking/Bathrooms

Available in Anneberg Park on the day of the event. Handicap parking also is available for those with a disabled tag. Please ask volunteers to direct you toward handicap parking when you arrive at Anneberg Park. Bathrooms are in the building between the two softball fields.

Buy T-Shirts at Body First Beginning August 17!

T-shirts are available for purchase at Body First Tennis and Fitness, 3615 Claffin Road in Manhattan. The cost is \$3, and shirts are available beginning Aug. 17. *Note:* T-shirts are available for participants only. Teachers at schools outside of Manhattan can reserve t-shirts for their students by sending email to Pat Melgares, melgares@LetsGoRun.com.

Event Updates available at:

www.Facebook.com/SchoolFitnessChallenge

Event Schedule

- 9 a.m. – K-2, ¼ mile runs.
Youth will be divided into 4 or 5 heats
- 9:30 a.m. – K-2, ½ mile run.
Youth may be divided into 2 to 3 heats
- 9:50 a.m. – Grades 3-5, ½ mile run. 2 heats
- 10:15 a.m. – Grades 3-5, 1 mile run, 1 heat expected
- 10:35 a.m. – Grades 6-8, 1 mile run, 1 heat expected
- 10:50 a.m. – Grades 6-8, 2 mile run, 1 heat expected

Plan to arrive at least 30 minutes before your run begins. Traffic is very heavy on the day of this event.

Electronic Chip Timing

This year's event will be timed with the IPICO Sports timing system, which uses an electronic chip attached to each participant's bib number. You will attach the bib to the front of your shirt with four pins; please use the holes on the bib and do not puncture or fold the electronic chip. You will receive your bib number and additional race information at your school before the Sept. 26 event.

About the Manhattan Cross Country Club

The Manhattan Cross Country Club was formed in Fall, 2004 to encourage age-appropriate distance running for youth as a means to lifetime fitness and health. The Club's guiding philosophy is to promote good sportsmanship, respect for teammates and self, and a positive attitude toward self-improvement, confidence-building and goal-setting.

Learn more about the Manhattan Cross Country Club at:

www.LetsGoRun.com/Run4Fun.htm

The Manhattan Cross Country Club also provides additional opportunities to participate in Fun Runs throughout the year. Send email to melgares@LetsGoRun.com, or call 785-313-2743.

Sponsored by:

