Background

In the past several years, many area schools have held successful Jogathon/Walkathon fundraisers based on the model created by Bennett Elementary School in Fort Collins, Colorado. PTO President Diane Wenzel worked with school staff and wellness team members to create a the “Bennett Bronco Stampede”, a one-day fundraiser which focuses on physical activity, school spirit and fun!

Jogathon/Walkathon Basics

The jogathon/walkathon is simple – all students receive a pledge form and solicit flat rate donations from family members and friends to run/walk laps at the Jogathon. The event is held on a marked course around school grounds, during the school day. Students typically come out to the course by grade level and walk/run for approximately 30 minutes. Volunteers mark laps for all students; prizes are awarded to students from each grade level who run/walk the most laps. Students are also entered in to a prize drawing after the event, based on the donations they raised. Most schools also provide healthy snacks (bananas, apples, water) for students as they finish.

Advantages of Jogathon/Walkathon Fundraisers

- They are successful, raising between $5000 and $20,000!
- All students are involved
- Staff and parent volunteers enjoy being involved in the day of the event
- Most prizes are donated or purchased with the proceeds of the fundraiser following the event
- Kids, staff and parents have tons of fun while being active!
**Tips for a successful Jogathon/Walkathon**

- Start planning early (ideally 3-4 months prior to the event)
- Form a strong committee including your PE teacher, classroom teachers, and parent volunteers. Present the idea at a PTO meeting to partner with your PTO.
- Set aside a school day. Weekend walkathons typically have lower attendance.
- Keep prizes and pledge forms simple. Most schools ask for a flat pledge or donation instead of pledges based on number of laps completed. This allows the students to collect the donation before the walkathon and not have to follow-up after the event. See attached examples of pledge forms.
- Hold a kick-off assembly (ideally 1 month prior to the event) to get the kids fired up and to explain the fundraiser; emphasize the cool prizes kids can win for collecting the most pledges.
- Distribute pledge forms to the kids following the assembly (ideally 3-4 weeks prior to the event) – send pledge forms home again 1-2 weeks prior to the event.
- Include reminders of the event in weekly newsletters and morning announcements.
- Many schools hold jogathon/walkathon events in the fall to avoid conflicts with the numerous events that typically occur in April/May.
- Have music playing as kids run laps.
- Ask mascots, cheerleaders etc. to be present to get the kids excited.

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**Note:** UCH Healthy Kids Club sponsors many school walkathons by providing shirts for all of the students to wear on walkathon day. We then require that the schools put the amount of the t-shirt donation back in to school wellness initiatives (for instance if HKC provides 400 shirts at $4/each, $1600 of the funds raised by the walkathon would need to back in to wellness).

For sponsorship information, contact Amy Logan, aml3@pvhs.org
**Jogathon/Walkathon**

**Volunteer Duties**

**PE Teacher**

1. Participate on the committee
2. Help your students train for success - reinforcing training concepts such as stretching, pacing, hydration. You can even use this in preparation for completing the timed mile.
3. Help create schedule for walkathon day
4. Track Setup - putting out cones to mark the course, sound system, music
5. Organize students at the starting line. Describe the details of the race / course / time / marking laps / lap medalists. Emphasize that everyone runs at own pace, focus on doing your best!
6. Start the race - let students know along the way how much time they have left to run.
7. Be at the finish line to stop the race after the run time of 30 minutes.
8. Lap Marking - Allow students to finish their current lap and receive a mark. Any student who has passed the finish line before the 30 min run time, may then finish that lap, receive a mark, and then lineup with their class away from the finish line.
9. Solve any problems on race day.

**Pledge and Prize Volunteers**

1. Solicit prize donations.
2. Determine prizes for grade level lap winners
3. Tally classroom pledge totals
4. Create excel list of students with pledge and lap totals
5. Order and distribute gift cards/prizes
Volunteers: Day of Race

1. Setup tables for water, small cups, trash cans for trash

2. Lap Markers – to track number of laps, volunteers line up at finish line to mark students. Allow students to finish their current lap and receive a mark. Any student who has passed the finish line before the 30 min run time, may then finish that lap, receive a mark, and then lineup with their class away from the finish line.

3. Corner / Track Duty – volunteers around the track to help encourage students, keep them on the course, watch that students running in the safe area, around the corners, first aid, help with telling students how much time is left.

4. Snacks

5. Class List - list of students and how many laps they ran

Teachers

1. Check pledge forms for completion; full name, amount of pledges, prize choice etc.
2. Bibs (if used) – make sure all students have bibs pinned on
3. Bring class out at scheduled time
4. Record the lap number for each student on the class list.
5. Checking pledge forms for completion, filled out, name, pledges, did they choose a prize
6. Walk laps with your kids! Have fun!
SAVE THE DATE!

**What:** Tavelli Tiger Fit Charge

**When:** Wednesday November 5th

**Why?** For fun, fitness, and to raise money for field trips, assemblies, playground equipment, and classroom supplies

*If each student raises $50, we will meet our $15,000 goal, which means this will be our only major fundraiser this school year.*
5th Annual Tiger Fit Charge
walk.a.thon fundraiser

Wednesday, November 2

- This event allows our students to **raise money for their school without selling merchandise**, while promoting wellness and fitness
- **100%** of the money collected will go directly to Tavelli PTO and Wellness Programs
- **Donations are tax deductible!**
- Students will walk/run around a designated course on the Tavelli field, during the school day
- Awesome PRIZES will be earned for donations, as well as completed laps
- **This is a flat donation event, not a per lap pledge**

PARENTS, we could use your help!! If a time fits into your schedule, please sign up and help make the Tiger Fit Charge a success!

**If you would like to volunteer you can come early or stay after you walk with your child. Just let us know at tavellipto@gmail.com**

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**2011 Walk.a.thon schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Grade/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15-10:00</td>
<td>Fifth Grade</td>
</tr>
<tr>
<td>9:30-10:00</td>
<td>AM Kindergarten</td>
</tr>
<tr>
<td>10:10-10:55</td>
<td>Fourth Grade</td>
</tr>
<tr>
<td>10:55-11:40</td>
<td>Third Grade</td>
</tr>
<tr>
<td>12:35-1:20</td>
<td>First Grade</td>
</tr>
<tr>
<td>1:20 -2:05</td>
<td>PM &amp; All Day Kindergarten</td>
</tr>
<tr>
<td>2:10 - 2:55</td>
<td>Second Grade</td>
</tr>
<tr>
<td>3:00</td>
<td>All School Photo</td>
</tr>
</tbody>
</table>
Students will be eligible to win prizes for fundraising and most laps walked:

**FUND RAISING**

For every $25 a student raises, they will earn a ticket with their name on it. Each ticket will go in a prize drawing. The more money they raise, the more tickets they earn! The more tickets they earn, the better their chances of winning these **AMAZING PRIZES:**

- 2 family 4 packs of Fort Collins Foxes tickets
- basketball gear from SPORTS AUTHORITY
  - a winter sports clinic at the EDGE
  - karate lessons from KARATE WEST
    - 2 iPod Shuffles
- a brand new bike from RECYCLED CYCLES
  - a Nintendo Wii
  - an Xbox 360

**GRAND PRIZE WINNER!**

The top fund raiser in the school will pick one of these **GRAND PRIZES:**

- Assistant PE Teacher for the day with Mr. Deal (lunch included!)
- an Xbox 360 with Kinect

**TOP FUND RAISING CLASSES!**

The top 2 classes with the most money raised (one in grades K-2 and one in grades 3-5) will be going bowling at Chippers Lanes!

**MOST LAPS WALKED**

The top 2 classes with the most laps (one in grades K-2 and one in grades 3-5) will also be bowling at Chippers Lanes!

* All prizes for the 2011 Tiger Fit Charge have been donated by community partners! Many thanks to the following sponsors: Chippers Lanes, Edge Sports Center, Healthy Kids Club, Sports Authority, Recycled Cycles, Karate West, Fort Collins Foxes, Micorsoft, and shi.com software specialists!
Please return donations with this completed form on or before the Tiger Fit Charge Walk-a-thon day – November 2.
FORM MUST BE RETURNED BY NOVEMBER 2 TO BE ELIGIBLE FOR PRIZES!

Please make checks out to Tavelli PTO
Donations are tax deductible

<table>
<thead>
<tr>
<th>Name</th>
<th>Donation $$$$$</th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td>flat donation – not per lap</td>
<td></td>
<td></td>
</tr>
<tr>
<td>i.e. Generous Donor</td>
<td>$15.00</td>
<td>Y</td>
</tr>
</tbody>
</table>

Total $ collected_________________________ Phone #____________________________________

Parent Signature______________________________________________________________

Safety First!
Seek donations from your family and friends.
Never go into a stranger’s house! Do not go door to door after dark!
YOUR DONATIONS WILL HELP FUND...

- Field Trips
- School Assemblies
- Dream Team
- Field and Playground Equipment
- Classroom supplies
- Wellness Education

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Tavelli Thanks You For Your Support!