

5K Walk

Race Course

The right course just for you:

- 5K course
- 2.5K course
- 1.5K course

Friday, October 23, 2015



Event Agenda

Pre-school:

Lunch & Nap 12:00pm – 2:00pm

Walk 2:00pm – 2:30pm

Snack 2:30pm – 3:00pm

K to 3rd Grades:

Lunch 12:00pm – 12:45pm

Walk 1:00pm – 2:30pm

Snack 2:30pm – 3:00pm

4th to 8th Grades:

Lunch 12:30pm – 1:15pm

Walk 1:30pm – 3:00pm

Snack 3:00pm – 3:30pm



Event Day

Have lunch on us. Enjoy a beautiful walk through San Francisco's Golden Gate Park. Then, celebrate your victory with fellow students at our post-walk snack party – enjoy decadent ice cream and cookies! Lastly, finish the day with lots of fun games and good food at our annual Harvest Festival.

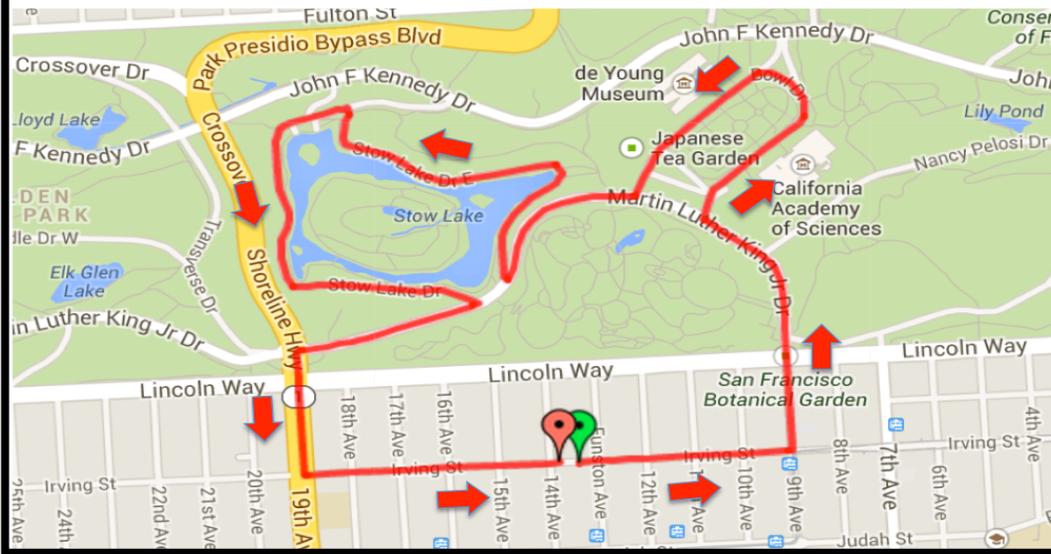
Get Involved:

Volunteers needed to help cook, serve lunch, chaperone, guard crossings, or serve snacks.

More on 2

Three courses mapped just right for you. Each class will walk together with their teacher and chaperones through their designated courses.

5K Route – 4th to 8th Grades

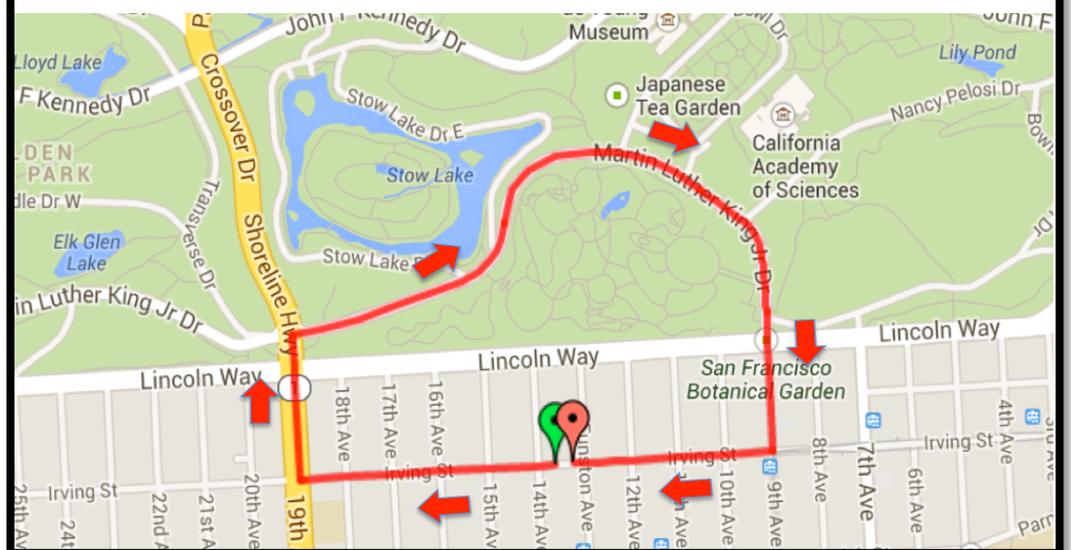


4th to 8th Grade Route:
East towards 9th Ave
North on MLK Drive
Right onto Music Concourse Drive
Continue to Hagiwara Tea Garden Drive
Right onto MLK Drive
Follow Stow Lake Dr.
Back to school via MKL Drive, 19th Avenue, & Irving Street

K to 3rd Grade Route:

West towards 19th Ave
Right onto 19th Avenue
Right on MLK Drive
Exit GGP on 9th Avenue
Back to school on Irving Street

2.5K Route – K to 3rd Grades



FAQs and Useful Information:

When and where is the 5K Walk?

- *Friday, October 23, 2015 in Golden Gate Park*

Will there be school on the day of the event?

- *Yes, there will be school on October 23rd. 5K Walk activities will take place after lunch.*

What should students wear to school on October 23rd?

- *Free dress on event day! Please wear athletic shoes and your commemorative T-shirt. Dress appropriately for the weather.*

Who is required to participate?

- *Every St. Anne student from pre-school to 8th grade is expected to walk if they are attending school on event day.*

What is this year's goal?

- *The goal is to build St. Anne school spirit while generating funds for students and the school programs. Each family is expected to raise a minimum of \$100, \$150 or \$175 (see insert on the right). Families who raise \$50 or more than their minimum requirement will qualify for additional prizes.*

What happened last year?

- *We raised almost \$35,000. Let's try to beat year's amount!*

Where does the money go?

- *Over the past years, families have raised money through the Walkathon, Giftwrap Sales, and Dinner Dance Auction – money that directly supports the students of St. Anne! To date, our walk has helped fund:*

✓ Smart boards	✓ Document cameras	✓ Laptops
✓ Endowment	✓ Science program	✓ Computers

What about this year?

- *Fundraising efforts will go directly to St. Anne's science and technology expansion and to pre-K playground equipment.*

Is the donation mandatory?

- *Yes, this is our only mandatory fundraising event. Pre-school is not required to donate the required amount, but any donation you make is greatly appreciated.*

Where do I submit donations and forms?

- *Donations and forms can be mailed to the school or dropped-off at the main school office. Please make checks payable to **SAPTO, c/o 5K Walk**.*

Minimum Fundraising Requirements

\$100 – Families with 1 child
 \$150 – Families with 2 children
 \$175 – Families with 3 children

Help us reach this year's goal of \$40,000!

Prizes

Everyone loves a prize!

Top 5 Families:

Receive 5 hours of volunteer credit for the top 5 families who turn in the most donations.

Early Bird Special:

Receive a coupon for a free scoop of Bud's ice cream at JJ's for the first 50 families who turn in their donations by September 25th.

Free Dress Pass:

Receive a free dress pass for students who turn in all donations by October 16th.

Commemorative T-shirt:

Receive a free T-shirt designed by a St. Anne student for participating in our first 5K/2.5K/1.5K walk.

St. Anne's 5K Walk T-Shirt Design Contest!



Enter St. Anne's 2015 5K Walk T-shirt design contest.

This is the third year we will have t-shirts for all walk participants and volunteers. Be the one to have your design featured on the front and or back of the t-shirt. The 5K Walk Committee will select the winning design.

Here are the rules:

- Designs must contain the words "St. Anne", "5K Walk", and "2015" in some artistic form.
- Submit only original drawings on an 8.5"x11" sheet of paper.
- Place your name and class **on the back** of your submission. **Do NOT** include your autograph/signature on the front.
- Designs **must NOT contain** copyrighted material or a background! The final image should have a transparent or solid color background.
- Limit two entries per student.
- Submit entries to the main school office c/o: SAPTO 5K Walk T-shirt Design Contest by **Friday, September 18th**.

Keep in mind that the design should be ideal for a t-shirt. Crazy-detailed drawings are cool and all, but simple designs are the best.

Good Luck!!

For additional questions, contact Bonnie Cheng at bonnie.cheng@sbcglobal.net



Volunteer Opportunities

Volunteer and receive a free commemorative T-shirt designed by the winner of the T-shirt design contest. Lunch will be served to all volunteers.

Food Service:

We need volunteers to help BBQ burgers and hot dogs, prepare the garnishes, prepare the drinks, and set up the food service lines.

We need volunteers to help serve lunch, serve the post race snack, and help clean up.

Chaperone:

We need 4 volunteers per classroom to walk with the class along their course.

Two of the chaperones will act as crossing guards during the walk. Crossing guards stand in the middle of the crosswalk to ensure the students cross safely.



Volunteer Signup Interest Form:

Food Service:

- I CAN HELP IN THE KITCHEN (prepare and cook)
4 hour shift from 9:30am to 1:30pm
- I CAN HELP WITH FOOD SERVICE (lunch and snack)
4 hour shift from 11:30am to 3:30pm

Chaperone:

- I CAN HELP CHAPERONE
- I CAN HELP AS CROSSING GUARD
3 hour shift from 12:00pm to 3pm
Class request: _____

Keep in mind, we will do our best to accommodate your class request, but there is no guarantee you will be assigned to your child's class.

Volunteer Contact Information:

Name: _____
 Child/class: _____
 Email: _____
 Phone: _____

- T-shirt size: (check one)
- | | |
|---|--|
| <input type="checkbox"/> Adult Small | <input type="checkbox"/> Adult Medium |
| <input type="checkbox"/> Adult Large | <input type="checkbox"/> Adult X-Large |
| <input type="checkbox"/> Adult 2X-Large | <input type="checkbox"/> No thanks |

Volunteer Interest Form due by Thursday, October 1st.

Fundraising Tips:

Fundraising is one of the most important elements of St. Anne's 5K Walk. Remember each family is required to raise at least \$100 (1 child), \$150 (2 children), or \$175 (3 children). A good majority of our families go above and beyond the fundraising minimum. Fundraising is as easy as 1, 2, 3...Follow these simple steps:

Step #1: Know your network

Make a list of every person you know – the obvious (friends and family) and the not-so obvious (neighbors, acquaintances, business associates, etc.). You have just created your donor list.

Step #2: Set your fundraising goal

Now that you know your networks, set your goal. Keep in mind that you will want an attainable goal.

Step #3: Share your commitment & make a plan

You have created your donor list and set your goal: next comes what many people think is the hardest part of fundraising, the ASK. Tell everyone what you are doing – the excitement is contagious and your story will inspire others. Articulate why we are fundraising and your commitment to walking the distance.

Where your money goes

Provide your donors with "Where the Money Goes" so that they know how they're making a difference. Funds raised are vital in providing programs and equipment for our school.

Official Sponsor Pledge Sheet:

Family Name: _____ Phone #: _____

Student Name(s)/Grade(s): _____

My Fundraising Goal:

Sponsor Name	Contact information Address / Phone / Email	Donation Amount	Paid
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
TOTAL			

Make checks payable to **SAPTO** (St. Anne Parent Teacher Organization).

All donations must be submitted by **Friday, October 30, 2015**.

Submit forms and donations to **SAPTO c/o: 5K Walk**.

ST. ANNE SCHOOL
1320 14TH Avenue San Francisco, CA 94122
Office (415) 664-7977 Fax (415) 661-7977

PARENTAL PERMISSION FORM

ACTIVITY: Walking field trip to Golden Gate Park on Friday, October 23, 2015 from 1pm to 3pm.

CHILD'S NAME _____

ADDRESS: _____ PHONE: _____

SCHOOL: _____ GRADE: _____ BIRTHDATE: _____

PARENT/GUARDIAN NAME: _____ HOME PHONE: _____

ADDRESS: _____ WORK PHONE: _____

EMAIL: _____ CELL PHONE: _____

PERSON (OTHER THAN PARENT) TO NOTIFY IN CASE OF EMERGENCY:

NAME: _____ PHONE #: _____

I, the parent/guardian of the above-named child, hereby, give my permission for his/her participation in the activity named above. I agree to direct my child to cooperate and conform the directions and instructions of the parish, school or Archdiocesan personnel responsible for the activity.

I agree to the extent permitted by law, that in the event my child is injured as a result of his/her participation in the above-named activity, including but not limited to transportation to and from the activity, whether or not caused by the negligence (active or passive) of the parish/school or Archdiocesan youth activities program, or any of its agents or employees, recourse for the payment of any resulting hospital, medical or related costs and expenses will first be had against any accident, hospital or medical insurance, or any available benefit plan of mine or of my spouse.

I am not aware of any medical condition of my child that would render it inappropriate for him/her to participate in any such activity.

I hereby, give permission to the physician selected by the youth activities supervisory personnel then present to render treatment deemed necessary and appropriate by the physician.

Further, I hereby waive any and all rights to, or compensation for, any photographs, videotapes, motion pictures, recordings, or any other record of this event or activity, which may be made by the Archbishop/Parish/School/Agency and affiliate organizations.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

OTHER PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

Permission Slip due by Thursday, October 1st.