

FAIRFAX COUNTY WELLNESS AWARD

The Fairfax County Public School Board (FCPSB) adopted a wellness policy to promote student health and contribute to the reduction of childhood obesity. The wellness Score Card created by FCPSB is designed to recognize schools that are focused on wellness in their school and in their community. Schools that accumulate above 20 points on their wellness score card are eligible for a Wellness Award. Haycock Elementary School received the Green Wellness award last year and is striving for the Gold award this year.

This 5K will contribute to Haycock's wellness scorecard in a positive way. Participate and show your support for a lifetime of health and fitness.

TREK FOR TECH T-SHIRT

Show your Haycock spirit and purchase a Trek for Tech T-Shirt to wear on race day. The T-Shirt is adorned with the paw print shown on the front of this brochure and is \$10. You can place your order on the sneaker registration/waiver form. The deadline to purchase is May 4, 2010.

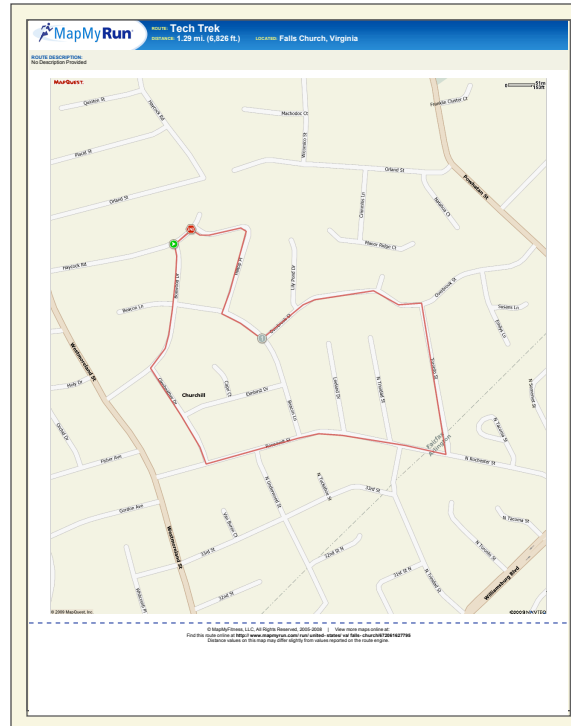
TREK FOR TECHNOLOGY

By participating in this event in addition to supporting Haycock's wellness quest, Haycock students will be raising necessary funds to purchase needed classroom technology. All funds raised from this event will be used towards the purchase of SMART Boards. Take the enclosed pledge form and ask family and friends to sponsor your 5K Trek for Technology. Anyone may pledge.

Remember that your sponsors are giving money to support your quest for health and fitness as well as the purchase of classroom technology for Haycock.

Get excited to trek for health and technology!

For questions or additional information, contact PTA Trek for Tech Coordinators: Pia Ruttenberg at pia.ruttenberg@verizon.net or Johnna Green at earthjbg@aol.com.



5K WALK/RUN ROUTE

The race will start at the corner of Haycock Road and Boxwood Drive. The route will consist of a 1.25 mile loop that will be completed 3 times resulting in a run equivalent to a 5K. The finish line is located at the intersection of Hilltop Place and Haycock Road.

The 1.25 mile loop is as follows:

- *Race starts at Haycock Rd and Boxwood Dr
- *Proceed straight on Boxwood Dr
- *Left on Glenheather Dr
- *Left on Roosevelt Dr
- *Left on Toronto St
- *Left on Overbrook St
- *Right on Beacon Dr
- *Right on Hilltop Pl
- *Left on Boxwood Dr -complete loop 2 more times
- *Finish line at Haycock Rd and Hilltop Pl

Note that Roosevelt Drive between Westmoreland and Williamsburg will be closed for the duration of the race.

Parents are encouraged to line the route and cheer on the runners/walkers or accompany young children as needed.

HAYCOCK

TREK FOR TECHNOLOGY

5K Walk/Run



🌿 SATURDAY, MAY 22, 2010 🌿

WHO: All Haycock students and their siblings are invited to participate.

WHEN: Saturday, May 22nd. Check in begins at 7:00 am. Warm-up/Stretch at 7:30am. The 5k walk/run begins promptly at 8:00 am. Most participants will be done in an hour or less. Refreshments provided on the Haycock Playground following the race.

WHERE: Meet at Haycock Elementary School Front Lobby for check-in.

WHY: To promote student health and raise money to purchase SMART Boards for the classrooms.

HOW: All children participating will get sponsors who will offer to pay them either by the number of kilometers they walk/run or offer to pay a flat rate regardless of how far the child walks/runs.

HAYCOCK ELEMENTARY'S 5K WALK/RUN "TREK FOR TECHNOLOGY"

PLEDGE SHEET

	SPONSOR NAME	ADDRESS	PHONE	EMAIL	PLEDGE AMOUNT	PLEDGE COLLECTED	NOTES
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
					TOTAL		

DATE	TASKS	NOTES
4/27/10- 5/5/10	SOLICIT & COLLECT PLEDGES	
4/28/10	SEND IN PERSONALIZED SNEAKER TO SCHOOL WITH COMPLETED REGISTRATION, T-SHIRT & WAIVER FORMS	
5/4/10	T-SHIRT ORDER DEADLINE	
5/18/10	PLEDGE COLLECTION DUE DATE - SEND IN VIA TUESDAY FOLDER	
5/22/10	TECH TREK: 7:00AM REGISTRATION AND 8:00AM START	

PLEDGE INCENTIVES:

EARN \$25 IN PLEDGES, YOU RECEIVE A TREK PENCIL AND FUN ERASER.

EARN \$50 IN PLEDGES, YOU RECEIVE TREK FOR TECH SHOELACES TO SPORT WHILE RUNNING.

EARN \$75 IN PLEDGES, YOU RECEIVE A HAYCOCK WATER BOTTLE.

EARN \$100 IN PLEDGES, YOU RECEIVE A CHANCE TO WIN A FLIP VIDEO CAMERA OR AN IPOD TOUCH. TWO NAMES WILL BE DRAWN.