

PTA 5K

on



**SUNDAY
OCTOBER 9, 2011
COLDSTREAM PARK
LEXINGTON, KY**

16th District
PTA[®]
*everychild. onevoice.**

701 East Main Street
Lexington, KY 40502
859.533.3038 p.
859.201.1170 f.

Liza@LizaHolland.com

www.fcps.net/partners/pta

16th District PTA Invites you to participate in the PTA 5K on Second Sunday A Kick-off for the Healthy Lifestyles Program

16th District PTA welcomes the Lexington community to join more than 35 PTAs for the PTA 5K on Second Sunday to support programming in our schools. Activities kick off at 1:00 Sunday, October 9th at the Coldstream Research Campus Legacy Trail with a 1 mile Fun Run/Walk, followed by a 5K Run/Walk at 1:30. Come support your school of choice as we kickoff our Healthy Lifestyles initiative across the district. Pick up a race entry form at your school or you can register online at www.fcps.net/PTA. Families are encouraged to shuttle downtown compliments of Bluegrass Tours for all of the great Second Sunday events happening that day.

In signing up to participate in the PTA 5K, PTAs have agreed to start Healthy Lifestyles Committees in their schools. **PTA Healthy Lifestyles Program** promotes good nutrition and regular physical activity in order to address the growing childhood obesity epidemic. We know that increased access to high-calorie good-tasting, inexpensive foods, along with increasingly sedentary lifestyles, has contributed to the rise in childhood obesity. Research shows that kids who eat healthy and are active consistently do better in school. PTAs can play an important role in increasing physical activity and improving nutrition in the school community by engaging families, teachers, administrators, and students in programs and activities that encourage the school community to be active and to eat healthier foods. The PTA 5K is a great way to be active as a family and a community.

16th District PTA is proud to have a number of organizations partnering in this effort to focus on Healthy Lifestyles. Thanks to our sponsors, most of the proceeds from race entry fees will go directly to schools to support family engagement programs. Central Baptist HealthwoRx has come on board as a major sponsor of the PTA 5K and a partner in the ongoing Healthy Lifestyles program. We also welcome UK Agriculture Extension, Second Sunday, Get Healthy Lexington, United Way of the Bluegrass, Race for Education, GNC Foods, Whole Foods Market, Lexington Farmers Market, Kroger, Copy Express, Ad Color, Lexington Legends and others as supporters of the event. We welcome other interested sponsors and partners. Information is available at www.fcps.net/PTA.

Entry Form (return this portion)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (_____) _____

Email: _____

SEX (circle one): Male Female

Date of Birth: _____

Age (on Race Day): _____ Event: 5K or Fun Walk

FCPS HS _____ Class Of: _____

Shirt Size (circle one):

YM YL S M L XL Other: _____ (Add. \$2 for 2XL,3XL)

Parent/Guardian (under 18): _____

(please print)

In consideration of the acceptance of my entry, I for myself, my heirs, executors, and administrators, do hereby release and discharge the Fayette County Public Schools (FCPS), FCPS School Board members, 16th District PTA, 16th District PTSA Board Members, and all sponsors and associates of this event from any and all claims in said event. I certify that I have full knowledge of the risks involved in participating in this event, and I am physically fit and sufficiently trained to participate in this event. I also release publishing rights of photographs of me taken during "The PTA 5K" Run/Walk, or Fun Run/Walk, for purposes of publicity for this and future events sponsored by the Fayette County Public Schools and/or the 16th District PTA.

Signature: _____

Parent/Guardian Signature (if entrant is under 18)

Team Division: (circle one if participating in a Team Competition)

None Open --- --- ---

FCPS Divisions: Parent Teacher S Student Alumni

School => _____

Team Name: _____

(See Team Competition section at left for guidelines.)

Entry Fee \$15 (\$10 if under 18)

\$20 for all ages after Sept. 23

Shirt Fee \$2 (for 2XL & 3XL)

School: to benefit

_____ Please enter the FCPS School that will benefit from this entry.

Total =====> \$ _____

Checks payable to: 16th District PTA

Early Registration (2 ways):

1. Online @ <http://www.fcps.net/pta>
2. Mail entry form and check by September 23, 2011 to:

PTA 5K Run/Walk
c/o 16th District PTA
701 East Main Street
Lexington, KY 40502

Late Registration:

Coldstream Park - Race day, 11:30 am to 1:00 pm

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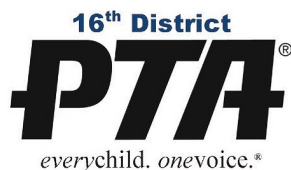
Race Use Only Race Number

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Event Information

Fun Run/Walk: The Fun Run/Walk is a non-competitive event intended for individuals preferring a shorter distance.

5K Awards: Overall Top 3 Male and Female, plus Top 3 Male and Female by Age Group:

7 & under	8-9	10-11	12-13
14-15	16-17	18-19	20-24
25-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64
65-69	70-74	75-79	80+

The 5K Awards Ceremony will be held at approximately 2:30 p.m. On location at Coldstream.

5K Team Competitions: Teams will consist of at least three registered 5K participants. Team scores will be the sum of the finish order, within the division, of the first three team members. Low score wins! The Team Competition results will be included in the final results. No awards will be presented, but 'bragging rights' last forever!

Please provide School/Team Names on the Entry Form as follows:

- Open Division: all comers division, team chooses name
- FCPS Divisions below include Teams from each school.
 - Parent: use School and group or grade
 - Teacher: use School and Dept name
 - Student: use School and Grade
 - Alumni: use High School and "ClassOf_XXXX"

Course: Course in Coldstream Park area including a portion of the Legacy Trail. Start and Finish in Coldstream Park. See course map on reverse side. The Fun Run/Walk course will start and finish at the 5K course finish line (.5m out & back).

Results: www.fcps.net/pta

Race Shirts: Each participant will receive a commemorative race T-shirt. Due to vendor requirements, T-shirt NOT guaranteed if registered after September 23rd.

Race Packets: Available at Coldstream Park in Lexington (at I-75 & Newtown Pike) on Race Day from 11:30 am to 1:00 pm. Parking available in the Medtech College parking lot. Packets include your race number and race T-shirt. Please wear race numbers on your front on race day!

Refreshments: Complimentary water, race rolls, and fruit.

Shuttle to Second Sunday events:

Shuttles provided by Bluegrass Tours will be available to take you downtown to enjoy all of the additional Second Sunday events

2nd Sunday Lexington, 2 to 6 pm

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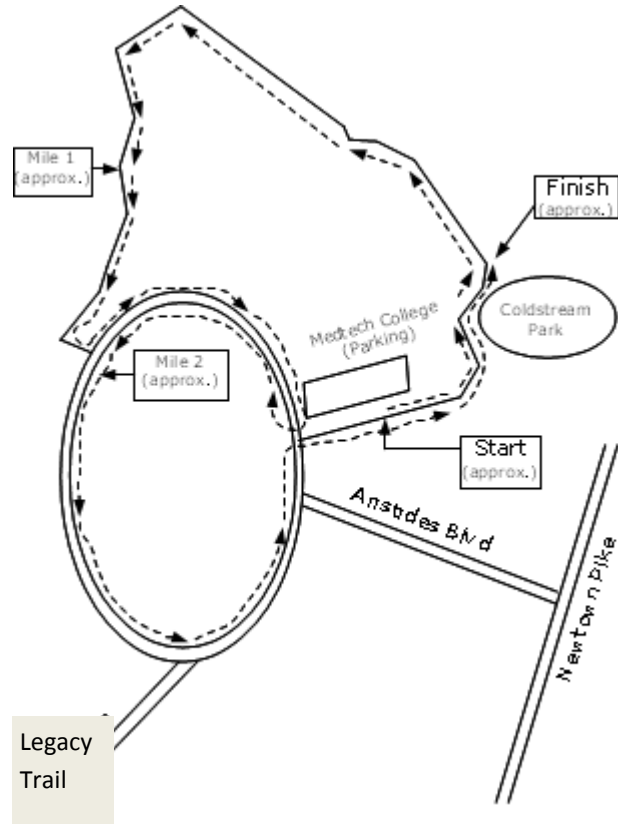
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Course Information



Location Information

