



## Important Information...

- **Who** – All Harwood students
- **What** – Run/walk 1 to 1 ½ miles
- **Where** – A ½ mile track around the playground at Harwood Elementary
- **When** – Thursday, September 28, 2017 during the school day
- **Why** – Focus on Fitness and raise funds for the school

## Times...

Kindergarten – 12:40-1:20

1<sup>st</sup> Grade – 11:10-11:50

2<sup>nd</sup> Grade – 10:30-11:10

3<sup>rd</sup> Grade – 1:30-2:10

4<sup>th</sup> Grade – 2:50-3:30

5<sup>th</sup> Grade – 2:10-2:50

## Join the Fun...

Family members are encourage to join the Fun! Please consider running with your child, cheering students on along the routes or volunteering to help with the event. Sign up today to let us know if you are coming. Follow the SignUpGenius link at

[www.harwoodpto.com](http://www.harwoodpto.com) or email us at [harwoodpto2013@gmail.com](mailto:harwoodpto2013@gmail.com)

# Harwood PTO

## Why Running?

Physical fitness is a vital component of healthy living for kids. Studies suggest that kids should exercise 60 minutes per day. Besides the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional trials.

Running helps kids build endurance, offers kids the sense of freedom and the sense of reward and achievement when they finish. Kids who are active will; have stronger muscles and bones and will be less likely to become overweight. It decrease the risk of developing type 2 diabetes. They possibly have lower blood pressure and have potentially lower blood cholesterol levels. Kids who run combined with healthy food choices have a leaner body from burned body fat.

Running teaches kids to be self-motivation and that hard work will achieve success, running teaches kids self-respect, commitment and builds self-esteem, all of which are important values for kids to learn and build on in their lives.

When people are healthier, they become role models for the community. They reduce the health and medical cost that come with an unhealthy lifestyle. They, on average, live longer and healthier lives which contributes to the overall success of the communities where they live.

Every student in the school participates. This year we will provide Harwood ribbons/bookmarks to all the kids and metals to the three fastest boys and girls in each grade. The awards are presented in front of the entire grade after the run, this motivates the students and teaches them the rewards of hard work.

Harwood PTO will be holding a fundraising drive to coincide with the Fun Run. There will also be prizes for the highest earners, to include the Grand Prize an Amazon Fire Tablet.

Please visit [www.harwoodpto.com](http://www.harwoodpto.com) for more detailed information, additional forms and information in العربية, हिंदी, Spanish, Việt Nam, বাংলা and Espanyol.

## Thank You!!!

