2nd Annual Arkansas 10 Mile Classic

WHAT: Arkansas 10 Mile Classic (State Championship Race)

WHEN: April 16th, 2016 (race begins at 5:00pm)

WHERE: Murray Park in Little Rock, AR WHY: Fund-Raiser for the Cabot Bands

How can I help?

1. Volunteer!

*Registration table - last minute registrations, passing out timing chips

*Finish Line - Passing out water or sitting low to the ground cutting off timing chips as runners cross the Finish Line

*Aid stations – filling up cups and passing out water and Gatorade to runners, also helping with First Aid (band-aids, etc.)

*People standing at turns so runners know which way to go

*Someone to lead the race (probably on bicycle to lead the runners on correct path)

*Someone to be the last person in the race (walk, run, or bike) so that we know when all participants have finished the race

*Passing out post race snacks

2. Be a sponsor for the race!

*Do you know a **business** that would be a sponsor for our race or would **you or your family** like to be a sponsor. All sponsors will be listed on the back of the race t-shirt (given to all participants) and announced at the Awards Ceremony after the race.

GOLD MEDAL SPONSOR - \$150 SILVER MEDAL SPONSOR - \$100 BRONZE MEDAL SPONSOR - \$50

*Do you know a business that might donate bottled water, large containers of Gatorade (powder), snacks for post-race (bananas, oranges), cups, t-shirts, or awards?

3. Run the Race!

*Sign up at www.runsignup.com or get a paper entry form from your child's band director.

4. Tell all of your friends and family to run or tell their friends about the race!

*What if they are not available to run on that day or live far away? They can sign up as a "Virtual Runner" and run or walk 10 miles whenever they want to and we will still send them a race t-shirt.

Race fees:

Adults (18 and over) - \$25 (\$28 after March 20, 2016) Kids (under 18) - \$20 (\$23 after March 20, 2016) Virtual Runner - \$25 Please email Susan Ford at <u>susan.ford@cps.k12.ar.us</u> if you would like to volunteer, be a sponsor, or you know a business that would like to be a sponsor or donate items for the race. THANKS FOR ALL YOUR HELP!!!