




LONGEST DAY

5K, 10K and kid's mile

6:30pm – Friday, June 15th

Get together with your friends, makeup a team name, and take part in the Elementary Team Challenge and help kid's with diabetes.

TEAM MEMBERS CAN ENTER THE 5K,10K OR THE kid's mile
THE TEAM THAT RAISES THE MOST DONATIONS OR PLEDGES FOR THE JRDF
RECEIVES A LUNCH FOR EACH OF ITS TEAM MEMBERS CARE OF 

To sign up for the ELEMENTARY TEAM CHALLENGE:

1. Find an adult to sponsor your team (a parent, teacher)
2. Get together with some friends and come up with a team name
3. Have your sponsor email the team name to runner@intergate.bc.ca
4. Go to: <http://www.thunderbirdstrack.org/longest-day-race/> and follow the registration link. Enter any run you want (5K,10K or Mile), but make sure that you type in your team name when prompted
5. Recruit more friends to participate on your team
6. Donations: You can donate directly to the JRDF when you register for the race
7. Pledges: Get friends/family to sponsor you on your run. They can make pledges online by searching your name or email address at: <http://www.giving.runningroom.com/hm>

All donations and pledges go to the Juvenile Diabetes Research Foundation

All runners receive:

a post-run meal with hot dogs,
ice cream, cookies, chips and juice,
get to enjoy the on-site entertainment

and to participate in a fun Run, Jump & Throw Program

All finishers in the Kid'sMile receive a Water Bottle filled with goodies



www.thunderbirdstrack.org

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