

“Athletes in kind”

Kids Helping Kids Kilometre Club

How does it work? EASY!

*Once a week participants will run 1-3 km on a measured route on the school grounds. Choose a day and time that works for your school.

*A designated parent volunteer can run the program at your school.

*Attendance and distance can be documented each week.

*A permission slip must be signed by a parent or guardian and handed in on the first day of the KM Club.

* Students will receive a promotional item after they reach 25 km. Other incentives will be provided by various sponsors.

* Suggested donation is \$1 loonie or \$2 toonie once a week on run day (students at PME were donating a portion of their allowances each week)

*Students are encouraged to draw a picture and tell why they are running for kids in the Oncology/Haematology Dept.at Children's Hospital. "AIK" will put together a book of all the drawings to take to the hospital at Christmas or at the end of the school year.

We hope you enjoy this giving experience with "Athletes in Kind" supporting families battling Cancer

Kind Regards,
Lorie Muller-President