



The Bellin Run is one of the largest 10K runs in the United States. It has been encouraging personal health and fitness in our community since 1977.

The annual event is held on the second Saturday of June. The 2016 race date is:

Saturday, June 11 at 8 a.m.

Bellin Run High School Challenge

The Bellin Run has a number of programs designed to encourage participation in the event while giving organizations the resources to promote a healthier lifestyle and build internal camaraderie.

The High School Challenge allows students, staff, and faculty to form a team at their high school to run or walk the Bellin Run 10K. All high schools are eligible to join the program and individuals of all fitness levels are encouraged to participate. Therefore, schools and participants are eligible to receive the incentives and benefits outlined in this handbook.

Step 1: Designate a Captain

Each High School Challenge team must assign a captain from its school to be the main point of contact. This individual will work with Bellin's High School Challenge Coordinator to organize the program at his or her location and to communicate program details, training information and motivational messages.

In appreciation for going the extra mile, each captain will receive an official 2016 Bellin Run apparel item for registering a team by May 1.

Step 2: Form Your Team

It's **free** to create a High School Challenge team! All high schools are eligible and all students, faculty, and staff may join. Form a team by following the steps outlined in this handbook.

Invite Others

Family and friends may register through the High School Challenge program and will receive the same incentives and benefits, but their participation will not count toward any High School Challenge awards or competitions.

Individual Registration Fees

All students, staff, faculty, family and friends pay the normal Bellin Run registration fee.

\$25 by May 1 ♦ \$30 May 2-31 ♦ \$35 June 1-9

Team Member and Family/Friend Benefits

By participating in the High School Challenge and submitting the registration fee, students, staff, faculty, family, and friends receive a Bellin Run packet (including an official Bellin Run T-shirt, timing chip, and race bib). They also receive these benefits:

- **Early Registration Customized Gift** - Must be registered by May 1.
- **A \$1 off coupon for the Friday Night Spaghetti Dinner** - Held at the Bellin Run Health & Fitness Expo on Friday, June 10.
- **An 11-Week Training Schedule** - A daily guide to help you reach your Bellin Run goals. Team members are asked to deliver these schedules to participating family and friends.

Team Benefits

Promotional Materials

High School Challenge posters will be provided to captains to distribute and promote the program. In addition, a PDF file can be downloaded from the Bellin Run website to email to others to encourage participation.

Bellin Run High School Challenge Coordinator Resource

The High School Coordinator is a valuable resource for team captains and can be contacted to answer training questions and help promote active participation at your location.

On-site Program Kickoff (Optional)

An informative group meeting can be scheduled at each participating school, encouraging participation and creating excitement and motivation for the staff, faculty and students. Details about the program and benefits will be provided.

2016 Bellin Run High School Challenge Team Registration



Please mail to: Linda Maxwell, Bellin Run High School Challenge
744 S. Webster Avenue, P.O. Box 23400, Green Bay, WI 54305-3400
or Fax to: (920) 436-8699, Attn: High School Challenge Coordinator

School Name (list formal name to appear in publications/website):

School Captain: _____

Captain Phone Number: _____

Captain Cellphone Number: _____

Captain Email Address: _____

Captain Jacket/Shirt Size:

| | | | | | | |
|---------|----|---|---|---|----|-----|
| Female: | XS | S | M | L | XL | |
| Male: | | S | M | L | XL | XXL |

Address for Bellin Run Materials Delivery:

Address: _____

City, State, Zip: _____

School General Phone Number: _____

Total Number of Students, Faculty and Staff (combined): _____

(This is a school-wide total, not the total doing the Bellin Run.)

Does your school want VIP delivery of race packets to your school?
(10-14 days before race) Yes _____ No _____

Team Member Registration

Team members must register using the online password provided by their captain (detailed instructions are available on the High School Challenge page of our website, bellinrun.com).

Participants not registering online must contact the program coordinator.

General registration procedures are as follows:

1. Visit bellinrun.com.
2. Click the Register Online icon.
You will be redirected to the Bellin Run registration page at RacePartner.
3. Click the Register Now icon.
4. Select the High School Challenge Team Member radio button under the 10K Run or Children's Run, then click the Registration Terms and Privacy Policy check box, and click Accept.
5. Select your team from the drop down menu, then enter your team Password, and click continue.
6. Complete the remaining registration information, including payment information.

Key Dates

May 1Registration deadline to receive early registration gift

May 2Registration fee increases to \$30

May 15Registration deadline to be eligible for VIP packet delivery

June 1Registration increases to \$35

June 8Final Day for T-Shirt submission

June 9Final day for online registration

June 10Spaghetti dinner and Bellin Run Health & Fitness Expo

June 1110th Annual Bellin Run

High School Coordinator Contact Information

Linda Maxwell

Phone – (920) 217-5695

Fax – (920) 436-8699, Attn: Assistant Race Director

E-mail – Linda.Maxwell@bellin.org

Team Benefits (Continued)

VIP Race Packet Delivery (Optional)

If this option is chosen, race packets for the Bellin Run will be delivered to the captain at your school prior to the event. It will be the captain's responsibility to deliver all packets to faculty, staff, students, friends and family. Only the race packets of team members registered by the May 15 deadline will be included in the VIP delivery.

Kids for Running Buddies Program

Students also have an opportunity to participate in the Kids for Running Buddies Program. High school students assist area middle or elementary schools with their Kids for Running Program by supervising training runs. In addition to fulfilling community service hours, students who participate in this program will receive a discounted Bellin Run registration. Contact the High School Challenge Coordinator to sign up.

Team Contests and Awards

Participation Award

The high school with the highest percentage of participation will win a custom award. Friends and family members are not included in the participation calculations.

Participants must have a finishing time to be included in your team's final participation number, which will be confirmed using the Bellin Run results. Final team rosters must be verified by team captains. Winners will be posted to the website approximately one week after the run.



Team Contests and Awards (Continued)

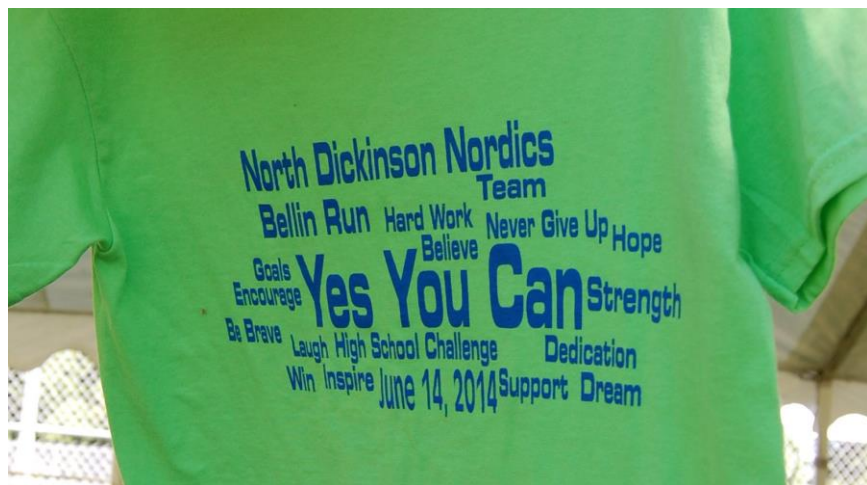
T-Shirt Contest (Optional)

Open to all High School Challenge schools, this is an opportunity to create a team T-shirt. It will bring exposure to your school during training and at the event, while generating enthusiasm and team unity.

Past teams have held their own internal contest to choose a team design. The High School Challenge Coordinator can give you other useful information. The 2016 T-shirt is "This is the Year – Challenge Yourself, Encourage Another."

T-shirts will be judged on how they best represent their school and the theme pertaining to the Bellin Run. A custom-framed award will be presented to the winning high school.

- T-shirts must be submitted by June 8
- Each high school may submit only one design
- Previous designs can be resubmitted, with the exception of winning designs from past years
- Submitted T-shirts will be displayed at the expo
- T-shirt judging will be at the expo by the elite athletes, race officials and local personalities
- The winning T-shirt will not be returned
- The winner will be announced at the Bellin Run Awards Ceremony



Captain's Duties

Primary Responsibilities:

- Return Team Registration form.
- Post promotional items and distribute PDF email flyer (customizable promotional items available online).
- Maintain team roster based on downloadable information from the team captain website and emails received as each participant registers online (detailed instructions available on the High School Challenge page of our website or from the program coordinator).
- Distribute early registration gifts, training guides, pasta dinner coupons and other materials as needed.

Optional Responsibilities:

Coordination of Training

Group training runs/walks are encouraged, but not a prerequisite for participating in the program. (Be aware of students competing in track and field who would not be able to participate until after their season is concluded.)

VIP Packet Delivery

Determine if you would like to facilitate VIP packet delivery at your location for participants who are registered by May 15.

Return any unclaimed registration packets to the High School Challenge Coordinator by 11 a.m. on June 8. Returned packets will be available to be picked up at the Registration Tent on June 10 and 11.

T-Shirt Contest

Submit T-shirt by June 8 to program coordinator.

Others

- Set date and time for your school's kickoff with the program coordinator.
- Set time and location for your team to meet on race day.
- Interact with other High School Challenge schools in the spirit of competition to raise awareness and get more people involved.

Team Registration

Captains must return a completed Team Registration form to the program Coordinator. The form is located on the last page of this handbook and on the Bellin Run website (bellinrun.com, click on High School Challenge under the Programs tab).

When the form is received, the High School Challenge Coordinator will issue an online password to the captain for team member registration.