



5K RUN / 5K & 1 MILE WALK

EARN
GRANT OF
\$300, \$500
OR \$750

Sunday, May 6, 2018 • 8:00 am

Zach White Elementary School Parking Lot • 5265 Roxbury

TEAM PACKET

February: Make plans & set goals for entering your team in the Run/Walk

- Read the enclosed B STRONG Run/Walk Grant Application Form
- Develop a strategy to reach your goal number of entries & grant dollars
- Pick up posters, bookmarks, and save-the-date cards to promote the Run/Walk at your school or group meeting place (request posters from the Braden About Foundation)
- Share information posted from the Braden About Foundation Facebook/Instagram pages to your school/team/organization's social media.
- Fill in the team information portion of the enclosed Team Entry Form and make copies
- Plan a Kick-Off event. See bradenabout.com for B STRONG Kick-Off Ideas.

March: Kick-Off the Run/Walk

- Have a Kick-Off event
- Start the B STRONG Training Schedule (see www.bradenabout.com for schedule)
- Recruit team entrants, distribute Team Entry Forms, and collect entries and fees. Checks are payable to the Braden About Memorial Foundation. You have 4 weeks!

FRIDAY, April 20: Team Entry and Grant Application Deadline (NO EXCEPTIONS) 11:00am - 6:00pm

- Make & keep a copy of completed B STRONG Run/Walk Application & Entry Spreadsheet(s)
- Review Frequently Asked Questions Form
- In a 9x12 envelope turn in:
 - Completed B STRONG Run/Walk Grant Application
 - Team Entries-Event & T-Shirt sizes circled and **every waiver** signed (All team entries must be turned in at the same time and **cannot be added later**)
 - Entry Fees – submit all fees in one envelope with total \$ posted on the outside
- Outside the same 9x12 envelope:
 - Staple completed B STRONG Entry Spreadsheet(s) to the back of the envelope
 - Write Team Name and **GRAND TOTALS** for: Participants, T-Shirt Sizes and Cash and Checks on the back flap of the envelope
- Please completely fill out all forms prior to arriving at the Braden About Foundation
- Early Packet turn in is accepted. Please call ahead to 915 833-0393 to make an appointment.

Monday, April 30: Team Race Packet Pick Up – 7:00am – 6:00pm

- Early packet turn in is accepted
- Braden About Foundation @ 5024 Doniphan, Suite 2 in Placita Santa Fe
- Bring your copy of the B STRONG Entry Spreadsheet

Tuesday, May 1 – Friday, May 4: Distribute Race Packets to your team

SUNDAY, MAY 6: RACE DAY! Braden About Memorial Run/Walk starts at 8:00am!

Contact Information: email Julie Tomlin at marktomlin@aol.com or call The Braden About Memorial Foundation at 833-0393.

3 LARGEST
TEAMS EARN
BONUS GRANT OF:
1ST – \$1000
2ND – \$500
3RD – \$250
DETAILS ARE ON
GRANT APPLICATION
FORM.



Braden About Run/Walk



5K RUN / 5K & 1 MILE WALK

Sunday, May 6, 2018

Welcome...

to the Braden About Memorial Run/Walk! The Braden About Foundation was established in 2007 and is dedicated to improving the health and educational development of youth in El Paso. The Run/Walk is our foundation's marquee fundraiser. All proceeds are earmarked for youth related projects and scholarships in our community. Since our inception we have returned more than \$1,200,000 through in-kind and monetary donations to schools, teams and organizations throughout El Paso. In 2017 we gave over \$105,000 back to organizations just like yours one week after the Run/Walk!

We invite you to take part in our Run/Walk on Sunday, May 6, 2018. You can earn \$300, \$500 or \$750 for your group by entering a team of 30, 50, or 75 people. Go big and be one of the top three largest teams in the elementary school and club/team categories. In both categories the first, second, and third largest teams entered will earn an additional \$1,000, \$500, and \$250 respectively in addition to their total team entry money earned. **START EARLY!!** The details are inside...**B STRONG!**

Sincerely,

The Braden About Foundation Board

Braden About Run/Walk



5K RUN / 5K & 1 MILE WALK

B STRONG Grant Application Form

On Sunday, May 6, 2018 you have an opportunity to raise \$300, \$500, or \$750 for your school, team or organization by participating in the Braden About Memorial 5K Run/Walk! The terms are simple: get 30 entrants to participate for your school, team or organization and your group will earn \$300, 50 entrants- \$500 and 75 entrants- \$750. It is an easy way to earn money for your school, team or organization and the event itself is exciting with a carnival like atmosphere that includes live music, delicious food, games and prizes. This year there will be a Bonus Grant for the first, second & third largest team entries in the elementary school & club team categories. First place -- \$1000, second place -- \$500, and third place -- \$250, in addition to total team entry money earned.

School or Organization Name: _____

Contact Person: _____ Email address: _____

Phone Number: _____ Cell Phone: _____

Grant Amount Requesting: _____ Number of entries submitted: _____

Grant check payable to: _____

Mailing Address: _____ Zip Code _____

Briefly describe how the funds will be used by your school/organization: _____

How was your school/organization able to recruit participants for the Run/Walk? _____

RUN/WALK GRANT Instructions

1. Fill out the B STRONG Grant Application for Run/Walk
2. Appoint a Team Contact.
3. Fill in a Team Entry Form and make copies.
4. Hand out Team Entry form copies to recruits
5. Collect Team Entries and Fees
6. Check Team Entries:
 - Is the Participant Section completely filled out?
 - Have all entrants signed the waiver on the entry form?
7. Fill out a B STRONG Entry Spread Sheet
8. Total entry fees and place in an envelope. Write the total \$ on the envelope
9. Keep a completed copy of the B STRONG Grant Application for Run/Walk
10. Review the Frequently Asked Questions Form
11. Turn in a B STRONG Grant Application Form along with team entries and fees in a 9 x 12 envelope to the Braden About Foundation by Friday, April 20th. This deadline is firm and no exceptions will be made. Entries cannot be added later.
12. Keep a copy of the completed B STRONG Entry Spread Sheet(s), then staple the sheet(s) to the envelope back.
13. Write Team Name and Grand Totals for: Participants, T-Shirts and Cash & Checks on the back flap of the envelope.
14. Please completely fill out all forms prior to arriving at the Braden About Foundation.

Submit no later than Friday, April 20, 2018 to the
Braden About Foundation
Placita Santa Fe • 5024 Doniphan, Suite 2 • 833-0939

SUNDAY, MAY 6, 2018 • 8:00 A.M.

5265 ROXBURY DRIVE (Zach White Elementary School Parking Lot)

TEAM ENTRY FORM

Student Name: _____

Coronado T-Bird Band

TEAM NAME: _____

TEAM REGISTRATION DEADLINE: (NO EXCEPTIONS) APRIL 9 2018

Please fill in all the information above **before** you copy and distribute entries to your team.

PARTICIPANT

NAME: _____

First

Last

PHONE: _____

AGE RACE DAY: _____ SEX: _____

EVENT: (circle one) 5K run 1 mile walk 5K walk

T-SHIRT SIZE: (circle one) XS* S M LG XL 2X 3X

*XS is marked as YL on t-shirt tag

Waiver Information: (This must be signed by every entrant or by a guardian if under 18 yrs old)
In consideration of my application being accepted, I hereby for myself, my heirs, personal representatives and executors waive, release and forever discharge any and all rights and claims for loss or damages which I may or hereafter accrue to me against the organizers and sponsors of this event, for any and all injuries which might be suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained to complete this race. I hereby grant full permission to use my name, photographs, videotapes and recordings of this event for any legitimate purpose without compensation/remuneration.

Signature: _____

(All Entrants-Guardian if under 18)

Please be sure that the above information is completely filled out for every entrant. The waiver for EVERY entry must be signed.

TEAM DONATION

Make a donation of \$_____ for a team member/members to complete this team. Donor name: _____

Does Donor want a race packet? Y____ N____

EVENTS & FEES

STUDENTS
(Under 19 yrs)

ADULTS
(20 + yrs)

All Events

\$10

\$20

Please make checks payable to The Braden About Foundation

AWARDS & PRIZES

First 10,000 entrants receive a short sleeved t-shirt and backpack. Refreshments provided at end of race for all participants. Finishers medals to first 3000 finishers. Trophies to top three male/female overall 5K run. Medals in each age group in 5K run.
(9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & over)

TEAM REGISTRATION MUST BE TURNED IN BY TEAM SPONSOR TO:

The Braden About Foundation @ 5024 Doniphan, Suite 2, in Placita Santa Fe.

Early packet turn in is accepted. Please call ahead 915-833-0393

TEAM REGISTRATION DEADLINE (NO EXCEPTIONS): April 9 , 11am-6pm

TEAM RACE PACKET PICK UP:

Monday, April 30 – 7:00am – 6:00pm

Braden About Foundation @ 5024 Doniphan, Suite 2 in Placita Santa Fe

Individual race entries will not be available for pick up at these times.

The Braden About Memorial Foundation

Dedicated to improving the health and educational development of the youth in El Paso



Braden's Foundation has evolved into a volunteer organization that actively promotes community involvement and goodwill. This run/walk is the financial catalyst behind the various projects initiated by the Foundation on an annual basis that serves as an outreach to those in need of assistance. This Foundation has proudly raised and distributed more than \$1,200,000 in money and in-kind donations to

this region since its inception in 2007. The 2017 run/walk's 11,500 participants insured that the mission of the Foundation will continue to support a positive and healthy lifestyle for those that join us in our quest to B STRONG. The annual run/walk is now one of the largest youth centered 5K's in the nation. As a result of its success, the El Paso community can benefit from The B WARM Blanket Drive, The B STRONG Shoe Giveaway, City of El Paso After School Project, student scholarships, school and organization grants, and various other initiatives. As a supporter of the Foundation, you will experience a unique opportunity to witness an organization that promotes health, character and compassion here at home.

SPONSORSHIP OPPORTUNITIES

DIAMOND-\$25,000

- Event Signage
- Website Signage
- Newspaper Advertising and Articles
- Outdoor advertising
- Radio advertising
- T-Shirts
- The Race – Receive twenty (20) positions in the Sunday morning race

PLATINUM-\$15,000

- Event Signage
- Website Signage
- Newspaper Advertising and Articles
- T-Shirts
- The Race – Receive fifteen (15) positions in the Sunday morning race

GOLD-\$10,000

- Event Signage
- Website Signage
- T-Shirts
- The Race – Receive ten (10) positions in the Sunday morning race

SILVER-\$5,000

- Website Signage
- T-Shirts
- The Race – Receive eight (8) positions in the Sunday morning race

BRONZE-\$2,500

- Flyer recognition
- T-Shirts
- The Race – Receive five (5) positions in the Sunday morning race

PARTNER-\$1,000

- Flyer recognition
- T-Shirts
- The Race – Receive four (4) positions in the Sunday morning race

FRIEND-\$500

- Flyer recognition
- T-Shirts
- The Race – Receive three (3) positions in the Sunday morning race

SUPPORTER-\$250

- Flyer recognition
- The Race – Receive two (2) positions in the Sunday morning race

For more information contact
bradenaboutfoundation@aol.com or
915-833-0393

Spreadsheet T-Shirt Totals

YL	S	M	L	XL	2X	3X
	1	2	1	2		

B STRONG Entry Spreadsheet

TEAM NAME: **SWIM USA**

Team Member that Recruited Participant	Run	Walk	Participant Name	T-Shirt Size	Tot # Students Entered	Tot # Adults Entered	Total \$ Rcvd
Eddie Reese	R		Kathleen Hersey	M	1		10
	R		Aaron Peirsol	XL		1	20
		W	Brendan Hansen	L		1	20
Steve Bultman	R		Breeja Larson	M	1		10(ck)
		W	Camille Adams	S	1		10
Bob Bowman	R		Michael Phelps	XL		1	20(ck)
				Total	3	3	
					x\$10=	x\$20=	
				Totals	30	60	90

The Team **SWIM USA** Contact picks up the Race Packets (T-shirt, back pack, race bib) and gives:
 Eddie Reese: 3 Race Packets to deliver to Kathleen Hersey, Aaron Peirsol and Brendan Hansen
 Steve Bultman: 2 Race Packets to deliver to Breeja Larsen and Camille Adams
 Bob Bowman: 1 Race Packet to deliver to Michael Phelps

SPREADSHEET:
 Cash Total: \$ 60
 Check Total: \$ 30
 Total: \$ 90

Spreadsheet Instructions

The Team Contact is responsible for filling out the B STRONG Entry Spreadsheet and attaching a completed copy to the back of a 9x12 envelope that holds the Team Entries and Fees. The following instructions will assist in simplifying the process:

- As Team entries are received please check that the Event and T-shirt sizes are circled and the race fees submitted are correct.
Adults: \$20 Students (under19): \$10
- Make sure that the Waiver has been signed by **every** participant – adult or child guardian.
- Begin filling out the B STRONG Entry Spreadsheet:
 - Record team member names and the participants they recruited, record run or walk for participant, record participant T-Shirt sizes and Entry Fees received.
 - Checks are payable to the Braden Aboud Foundation – note them with a (ck) in Total \$ Rcvd.
 - Total the \$ for the Total # Students Entered Column and the Total # Adults Entered Column.
 - Total the \$ in the Total Rcvd column.
 - Do # of Students \$ + # of Adults \$ = Total Rcvd \$?
 - Add up T-shirt size totals and fill out the box at the top of each Spreadsheet form.
 - Add up Cash & Check totals and fill out the box at the bottom of each Spreadsheet form.
 - On the outside flap of your 9x12 envelope post your Team Name and GRAND TOTALS for T-shirt sizes and Cash and Checks.
 - Keep a copy of the completed B STRONG Entry Spreadsheet(s) then staple original(s) to the back of the 9x12 envelope.
 - Turn in Grant Application, Team Entries and Fees and B STRONG Entry Spreadsheet(s) by **Friday, April 20, 2018** to the Braden Aboud Foundation.
 - Pick up the race packets on **Monday, April 30, 2018**. Have team members distribute them to participants they recruited before the race on **Sunday, May 6, 2018**.



Total Number of Participants:

Spreadsheet T-Shirt Totals

XS	S	M	L	XL	2X	3X

B STRONG ENTRY SPREADSHEET

TEAM NAME:

	Team Member that Recruited Participant	Run	Walk	Participant Name	T-Shirt Size	Total # Students Entered	Total # Adults Entered	Total \$ Rcvd
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								
24								
25								
26								
27								
28								
29								
30								
					TOTAL			
						x \$10 =	x \$20 =	
					TOTALS			

SPREADSHEET:
 Cash Total: \$ _____
 Check Total: \$ _____
 Total: \$ _____



FREQUENTLY ASKED QUESTIONS

TEAM GRANTS & ENTRIES

Do youth and adult entries both count towards obtaining grant money?

Yes.

Can someone that has already entered individually or online be added to my team?

No, Team entries are different from individual entries and it is too difficult to try to find and match entries to teams.

Once I have turned in my Grant Application and Team entries on Friday, April 20th can I add more people to my team, especially if I am a few people short of my goal number?

No, entries cannot be added later. All Team entries must be turned in at the same time.

When can I expect to receive my grant money?

Grant money will be distributed no later than two weeks after race day.

PROMOTION & RECRUITING

How can I promote the Run/Walk?

- Put up posters in your school or group meeting place. Request posters from the Braden About Foundation.
- Plan a Kick-Off event to get people excited about the Run/Walk (See bradenabout.com for B STRONG Kick-Off Ideas).
- Send home a letter to parents with the team entry.
- Put up a banner outside your school where parents pick-up and drop off their kids.
- Have a sign up table at parent/teacher conferences.
- Use the B STRONG training schedule to get people excited about getting in shape & participating. See bradenabout.com for BStrong training schedule.
- Have your school send an all call to parents 3 days before the entry deadline.

Do you have any tips on recruiting team members?

- Get started as soon as possible.
- Enlist the help of a motivated parent, PTA or Booster Club member or team captain that is good at organizing and motivating people to recruit participants. Appoint a contact to be in charge of copying and collecting Team entries and fees. Develop a strategy to reach your goals.
- Divide and conquer! Ask everyone in your group to recruit 3, 5, 7 or 10 people to join your team for the Run/Walk. If you have 10 people in your group and each member recruits 3 people your team is eligible for a \$300 grant! Ask friends and family members to participate. Be sure that each member that turns in entries keeps a list of the people they entered in the race. This will help disburse race packets properly.
- Get a corporation or local business to sponsor entries for your group. Last year there was a company that sponsored 5 runners for one team.

RACE PACKETS & RACE DAY

When can I pick up my team's race packets and where do I go?

Monday, April 30 – 7:00am to 6:00pm

Race packet pick up: Braden About Foundation – 5024 Doniphan, Suite 2 in Placita Santa Fe

Am I supposed to deliver the race packets to my team members?

Yes, you are responsible to get the race packets to your team members. Your Team B STRONG Entry Spreadsheet will help YOU pick up and deliver the proper number of race packets to your team.

What time does the race start on Sunday, May 6th?

It starts at 8:00am and we recommend you arrive at Zach White no later than 7:15am to have time to find parking.

Is this event chaperoned by the Braden About volunteers so that I can drop off my child to do the race on his/her own?

No, parents and or sponsors are responsible for their children at the Run/Walk. Parents/Sponsors are encouraged to walk with their children and enjoy the event with them.

Are there special rates for large families that are entering the race?

Unfortunately, no - the cost for entries is already greatly discounted.

Still have questions?

Call Julie Tomlin at 584-4536 (marktomlin@aol.com) or the Braden About Foundation at 833-0393 or www.bradenabout.com.



5K RUN / 5K & 1 MILE WALK

TEAM NAME

YL	S	M	L	XL	2X	3X

SPREADSHEET GRAND TOTALS

Cash Total: \$ _____

Check Total: \$ _____

Total: \$ _____

Total Number of Participants: