

- Website
- E-mails/Newsletters
- Facebook/Social Media
- Open House
- First of year packets
- Word of Mouth
- Recruit Runners/Participants from your workplace & community
- Contests
- Spirit Wear
- Engage the kids
- Tell them again...tell them again...PROMOTE IT!!
- Posters/flyers
- Engage Boosters & Athletes
- Pace Team Leaders (student ambassadors)



## Tips for Promoting the PTA 5K at your school

### A Healthy Lifestyles Event



Show us your



#### 16th District PTA

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Promoting the **PTA 5K** at your school helps you in a multitude of ways. PTA is about *taking care of the whole child* to make sure they are ready and open for learning, so an active, Healthy Lifestyles event like this can help you *promote health and wellness* at your school, school spirit, and of course, bring in dollars to support programs which will enhance your school. Encourage the school community to participate as a group, wearing school shirts on the day. For our elementary groups, we have **Marathon Kids**, so they will get a medal at the end of the race if they have run/walked 26.2 miles by the end of the PTA 5K. For our middle school students, high school students, parents and community, we have a **PTA 5K Training Program** to help prepare for the race. This would be a fun way for participants to bond and have even more fun on the day of the race. There's definitely lots of FUN to be had with this event. So, lace up your shoes, gather your friends, show your School Spirit & enjoy!

For more information:

[www.pta5k.com](http://www.pta5k.com)

