



**The 2019 iRun4Life After-School Program is starting up soon!** iRun4Life is a fun running program for boys and girls designed to promote fitness and healthy lifestyles with your children. iRun4Life focuses on exercise, healthy nutrition, and doing good deeds in our community. We will run **every WEDNESDAY at Buckingham Elementary immediately after school**, with our goal race being the iRun4Life Kids Only 3K, held at Central Park on Sunday May 19<sup>th</sup>, 2019.



**Registration period: Thursday 3/7 through Friday 3/22.** Registration is limited to 160 kids; register early to secure a spot. *Late registration WILL NOT be accepted.*

**How to Register:** Online at [www.iRun4Life.com](http://www.iRun4Life.com) and click on the **ORANGE** Parents button. See the back of this page for registration instructions. You will receive an email confirmation. Registration for the 3K is optional.

**Training starts: WEDNESDAY 4/3 and continues every Wednesday through 5/22**, immediately after school until 4:45 pm. Please plan to pick up your child promptly at 4:45.

*We practice EVERY Wednesday, rain or shine! In case of inclement weather, we will exercise in the gym.*

**Who Can Register:** All K-6 students.

*Note to AM Kindergarten parents: Please bring your children back to school no earlier than 3:40 pm. Please bring your children into the gym for sign-in via the gym foyer door.*

**Registration Fee:** \$25 each for the first two children in a family, \$20 for each additional sibling

*For example: 3 children in same family would cost \$70 (\$25 + \$25 + \$20)*

*Please note: this is **only** for the after-school program. This does not include registration for the iRun4Life Kids Only 3K run on Sunday May 19. Registration instructions for the 3K run will be sent home separately.*

*Please make checks payable to **Buckingham Student Activities Account**, and indicate iRun4Life on either the bottom of your check or on your envelope. After registering online, please send your check in to your child's homeroom teacher. You may pay for all children on the same check.*

*It is our policy to never let our registration fees prevent a child from participating. If you have any questions regarding our financial assistance program, please contact Mr. Bryan Rosica, Student Support Counselor, directly at 267-893-4222.*



**Volunteers are NEEDED!** We are looking for parent volunteers (no running experience needed) to be coaches, lead warm-up exercises, help with handing out snacks, and run with the kids. Please indicate if you will be a volunteer during registration. Time commitment for volunteers is 3:30 – 5:00 pm for 8 Wednesdays.

*Please note that by law, volunteers must have their clearances on file with CBSD.*

**What the iRun4Life After-School Program Includes:** A Buckingham Elementary iRun4Life T-shirt, weekly healthy snacks, weekly incentives, a Color Run, special mystery runners, and a solid 40 minutes of warm-up exercises and running!

**If you want your child to be active and have fun, then please join us for iRun4Life!**

*If you have any questions, please contact Yvette White ([ywhite2010@gmail.com](mailto:ywhite2010@gmail.com) or 317-402-9203)*

*Please see the reverse side for important dates and **NEW** registration instructions.*

## Important Dates:

Wed 4/3: First day

Wed 4/17: Group Photo (T-shirts will also be handed out)

Wed 5/1: iRun4Change Fundraiser

Wed 5/8: Trial 3K

Sun 5/19: iRun4Life Kids Only 3K at Central Park. **Optional 3K. Separate registration required** on the iRun4Life website.

Wed 5/22: Grand Finale Color Run. All family members are invited to watch and throw colored powder.  
4pm

## Registration Instructions:

1. Go to [www.iRun4Life.com](http://www.iRun4Life.com)
2. Click on **Orange "Parents –Start here to Register Your Kids & Login"**
3. **First Time Parents:** click on "Register for the first time." Enter all the information. Make sure you click on "I have read, understand and agree to all the terms" box. **Returning Parents:** Enter your email and password. Please make sure all the information is still accurate. If you forgot your password from last year, click on "Forgot my Password" and you will receive an email with instructions to reset your password.  
*Special Instructions:*
  - Please provide additional emails for anyone else who should be on the weekly email distribution list.
  - If you want to volunteer, please click on either the running or non-running volunteer box, and if you want a T-shirt, please indicate your size. All T-shirts are performance material, and the Women's T-shirts will be slightly fitted.
4. Click on "Save"
5. Another screen will pop up to register your child(ren). **Returning Parents:** select your child's name and then "Register for a new school session". **First Time Parents:** click on "Add & Register Another Child".
6. Either enter all the information (or confirm that it is correct). Please write down your child's Username & Password for future use. Your child will use this log in and password to log their miles and good deeds each week. Children who log their miles can participate in the weekly raffle for great prizes.  
*Special Instructions:*
  - Please use your child's teacher's Last Name.
  - Click on the After-Care box if your child will attend the school's After-Care program at 4:45.
  - Ignore the "Walker" box: that is only for schools that allow children to walk home.
  - Please indicate your child's T-shirt size.
  - Please indicate any allergies (food, insect bites, etc) and any medical conditions that we should be aware of.
7. Click on "Save"
8. The screen will close with a confirmation of registration. You will also receive an email confirming your registration. **IF YOU DO NOT RECEIVE AN EMAIL, YOUR CHILD IS NOT REGISTERED.**
9. You can now register another child in the same way.
10. For VOLUNTEERS: **Returning Volunteers:** we already have your clearances on file. **First Time Volunteers:** please click on the box at the bottom "Fill out or Upload your Volunteer Forms" (Click boxes at the bottom of the screen)
11. Click "Logout" (box at the top of the screen)
12. Don't forget to send in a check to the school. You can send it in with your child to give to his/her homeroom teacher. You can pay for all children on the same check. Please make check payable to Buckingham Student Activities. \$25 each for first and second children, \$20 each for any subsequent children in the same family.