



2nd Annual Wildcat Wellness Virtual 5k Run/Walk



The Maple Hill Jr./Sr. High School Mental Health & Wellness Committee is proud to present the 2nd Annual Wildcat Wellness Virtual 5k Run/Walk in recognition of National Walking Day during the month of April.

Who: All students in grades 7-12, faculty, and staff members are eligible and encouraged to participate.

When & Where: You can complete your 5km (3.1 miles) run OR walk at any location, day, and time of your choosing using the JustMove app between **Friday, April 15th and Sunday, April 24th**.

Registration: A fee of \$5 will earn the participant a t-shirt and access to a unique link to join the 5k which will be provided by email following registration. 100% of this fee will be donated to the American Heart Association (AHA).

Please submit your \$5 registration (make checks payable to SCSD Virtual 5k) in an envelope clearly labeled with your first and last name as well as your t-shirt size addressed to Mr. Larkin due by **Thursday, April 14th**. The fee may be submitted in the drop box labeled "Virtual 5k" located in the main office or directly to Mr. Larkin in Room 224.

How To Participate (Post-Registration):

1. Download the free virtual app "JustMove." (Logo Pictured at Right →)
2. Use your Schodack CSD Google account to create your free "JustMove" account. Enter both your first and last name when establishing your profile.
3. Access the "Wildcat Wellness Virtual 5k" by following the unique link that you will be provided by email once you complete your registration and submit the \$5 fee.
4. When you are ready to run or walk your 3.1 miles in full, open the "JustMove" app and select "Challenge" → "My Events" → "Wildcat Wellness Virtual 5k" → "Join" → "Start Now."
5. You are encouraged to wear your event t-shirt and take a picture or video as you complete your 5k.
6. If you do not have access to the app, please contact Mr. Larkin to receive more information.



Prizes: **Ten (10) gift cards and/or gift certificates valued between \$25 and \$50** will be awarded for the following: Fastest Overall Times* (Male Student, Male Adult, Female Student, Female Adult), First Completed Submission*, Highest Elevation Increase*, Most Unique Location (i.e., on the beach, in another state, up the mountain, etc.)**, Best Dressed/Most Spirited**, Cutest Companion (Pet)**, and Best Finish Line Photo**.

*Determined by the results calculated within the "JustMove" app.

**Determined by your picture or video submission to Mr. Larkin by email that showcases your achievement!

Good luck to all 5k participants! Embrace and commit to improving your personal wellness! If you have any additional questions or concerns, please reach out to Mr. Larkin at dlarkin@schodack.k12.ny.us.

