



# TMS Paint Run/Walk

**What:** A fun, untimed, almost 5K run/walk filled with color splashing and hair painting. There will be several stations set up throughout the course operated by trained adults for decorating the race day T-shirt; short cross country race for younger kids.

**Who:** All are welcome (no pets or strollers on cross country course)

**When:** June 4, 2016 at 9:00 a.m. until 11:30 (rain or shine)

**Where:** TMS track and cross country course

**Why:** To help raise funds to purchase fitness and athletic equipment to enhance our physical education program at Tolland Middle School

**How much:** \$15.00 each person Same family discount: \$55 for a family of 4. This includes entrance fee and a white T-shirt. T-shirts will be handed out at the registration desk before the race begins. T-shirt sizes are Youth (XS - XL) and Adult (S - XL). Here's the link for the sizing chart: <http://www.t-shirtwholesaler.com/clothing-size-chart-compact.asp#16>



- Use QR code to access online pledge website

**What to wear:** Sneakers, shorts and socks that you don't mind getting splashed with color, the race day white T-shirt, and possibly protective eye wear

**Make check out for registration to:TMS SAA**

**Deadline to register: May 20, 2016.** Walk in registrations will be accepted, but can not guarantee there will be T-shirts available. Please register a.s.a.p.

**Please return this registration form and \$\$\$ to TMS PE Dept. (locker rooms) or send to Tolland Middle School, PE Dept., 1 Falcon Way, Tolland, CT 06084**

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I give my son/daughter \_\_\_\_\_, permission to participate in the Paint Run/Walk at TMS on Saturday, June 4, 2016. I understand in the event of emergency, I can be reached at: Phone #:

\_\_\_\_\_  
Parent/Guardian signature: \_\_\_\_\_

T-Shirt Size/s: \_\_\_\_\_

Are there others interested? Please list names and T-shirt sizes:

\_\_\_\_\_  
If your child needs any special accommodations to participate in this event, please contact:  
Tonya McDermott at 860-870-6860 Ext. 419 or Mike Radlbeck Ext. 124 or Hannah Thibodeau Ext. 116

**WE NEED ADULT VOLUNTEERS!!!**

**Please consider helping out on race day. We need your help with a variety of small jobs.**

**Name:** \_\_\_\_\_ **Phone#:** \_\_\_\_\_