



## **Mission...GO FAR WANTS TO KNOW...**

# **Why are YOU Off'nRunning?**

**Win a pair of new SHOES from Off'nRunning ...**

### **Mission requirements:**

Type a short paragraph explaining why you are Off'nRunning! Explain how GO FAR will or has *improved* your **fitness**, **self-esteem** and **eating habits**.

### **Guidelines**

- Student must be participating in a GO FAR program and be age 8-13.
- Paragraph should be no longer than half a page single spaced.
- Submission must include: *name, age, school, GO FAR Coach name, parent's email and phone number.*
  - The first name of child and school name will be included on GO FAR website.
- Winners will be notified **via email**.
- **DEADLINE: April 16<sup>th</sup>, 2010**
- Submit paragraph by:
  - Email: [gofar@triad.rr.com](mailto:gofar@triad.rr.com). Subject-Off'nRunning
  - Mail: GO FAR (Off'nRunning)  
2432 N. Old Greensboro Rd, High Point, NC 27265.
  - Via fax: 883-1980
- Any questions? Email [gofar@triad.rr.com](mailto:gofar@triad.rr.com)





## **Why are YOU Off'nRunning?**

GO FAR Student First name \_\_\_\_\_ Last name \_\_\_\_\_  
Age \_\_\_\_\_ School \_\_\_\_\_ GO FAR Coach's name \_\_\_\_\_  
\*\*\*Parent's **email** \_\_\_\_\_ & phone number \_\_\_\_\_

**DEADLINE: April 16<sup>th</sup>, 2010**

Type or write a short paragraph explaining why you are Off'nRunning! Explain how GO FAR will/has *changed* your **fitness**, **made you feel about yourself (self-esteem)** and changed your **eating habits**.

1. How will/has GO FAR made your fitness better?
2. How will/has GO FAR made you feel about yourself?
3. How will/has GO FAR made you make healthy eating choices?