



# 2018

## Make Tracks for Kids

Join us on

**SATURDAY, OCTOBER 13TH**

**for a 2 Mile Walk and Kids Fun Run!**

**Registration time: 8:30am    Walk time: 9:00am**



**Franklin County Children's Task Force**

**113 Church Street**

**Farmington, Maine 04938**

*www.fcctf.org • Phone: (207) 778-6960 • Fax (207) 779-1029 • [rileigh@fcctf.org](mailto:rileigh@fcctf.org)*

# Walk Information

- Saturday, October 13th the walk will be held regardless of weather. Please plan accordingly
- The route will begin at the Children's Task Force, going on the following roads: Main St, Church St, High St, Perham St, Fair View Ave, through Mt Blue Middle School, and back to the Children's Task Force which is a 2 mile walk or bike ride.
- All participants will start and end at the same location.
- Companies and employees may want to make TEAM walking a "family affair" with their spouse and/or child walking with them. The FCCTF encourages family participation and each family member can have their own sponsor sheets to add to your team pledges.
- At the beginning of the walk we will be serving donuts, coffee, hot chocolate and water. Before the walk the FCCTF will be taking photos of the teams. There will be a water station mid-way through the walk.



# TEAM BUILDING



Organize team(s) from within your family, friends, company or organization.



Encourage friendly competitions with other teams.



Get excited! Your enthusiasm is contagious.



Promote participation through in-house and other media sources.



Display “Make Tracks for Kids” posters in highly visible work areas.



Distribute sponsor sheets to all interested team participants.



Set a team goal! Determine the minimum amount you would like each team member to raise and base your team goal off of that.



Keep your team motivated with updated communication regarding collective fundraising efforts!



Attend TEAM walk kick-off with registration beginning at 8 a.m. on the day of the Walk-A-Thon at the Children’s Task Force in Farmington.



Perform any necessary follow-up.





# Pledge Sheet

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Date: October 13, 2018 **Rain or Shine**

Where: Farmington, Franklin County Children's Task Force

Team Name: \_\_\_\_\_

<i>Sponsors</i>	<i>Amount of Pledges</i>			
-----------------	--------------------------	--	--	--

Name/Address (Print)	\$5	\$10	\$15	Other

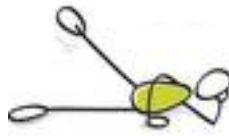
PLEDGES DUE DAY OF EVENT

*Make checks payable to FCCTF*

Individual Total:

Team Total:

**Franklin County Children's Task Force**  
113 Church Street, Farmington, ME 04938  
(207) 778-6960



# Don't forget to warm up!

The perfect walking workout is like an upside-down letter "U." You start slowly, rise up, then drop down to finish. That assures a built-in warm-up and cool-down in every walk. Why warm up? An easy start allows your body temperature and heart rate to rise, preparing you for an elevated level of activity. As the temperature of your muscles and joints increases, they become more compliant and less prone to injury. Moreover, capillaries in your muscles dilate, which increases blood flow and delivers extra oxygen to your working muscles. A gradual warm-up can increase your comfort and performance at any speed. I recommend these five simple moves before any brisk walk, as they target specific muscles and movements central to walking. All are done standing up; when needed, rest one hand on something for balance. If you spend 30 seconds on each move, the whole routine takes under three minutes.



## 3-Minute Warm-Up

**Ankle circles:** Stand on one foot and lift the other off the ground. Slowly flex that ankle through its full range of motion, making circles with the toes. Do six to eight in each direction, then switch feet and repeat.

**Leg swings:** Stand on one leg. Swing the other loosely from the hip, front to back. Use a relaxed motion like the swinging of a pendulum. Your foot should swing no higher than a foot off the ground. Do 15 to 20 swings with each leg.

**Pelvic loops:** Put your hands on your hips with your knees gently bent and feet shoulder-width apart. Keep your body upright and make 10 slow, continuous circles with your hips, pushing them gently forward, to the left, back, and to the right. Then reverse directions and repeat.

**Arm circles:** Hold both arms straight out to your sides. Make 10 to 12 slow backward circles with your hands, starting small and finishing with large circles, using your entire arm. Shake your arms out, then repeat with 10 to 12 forward circles.

**Hula hoop jumps:** Begin jumping lightly in place on both feet. Then, with your head and shoulders facing forward, twist your feet and lower body left then right, back and forth as you jump, 20 times.

