

THINGS YOU MUST KNOW!

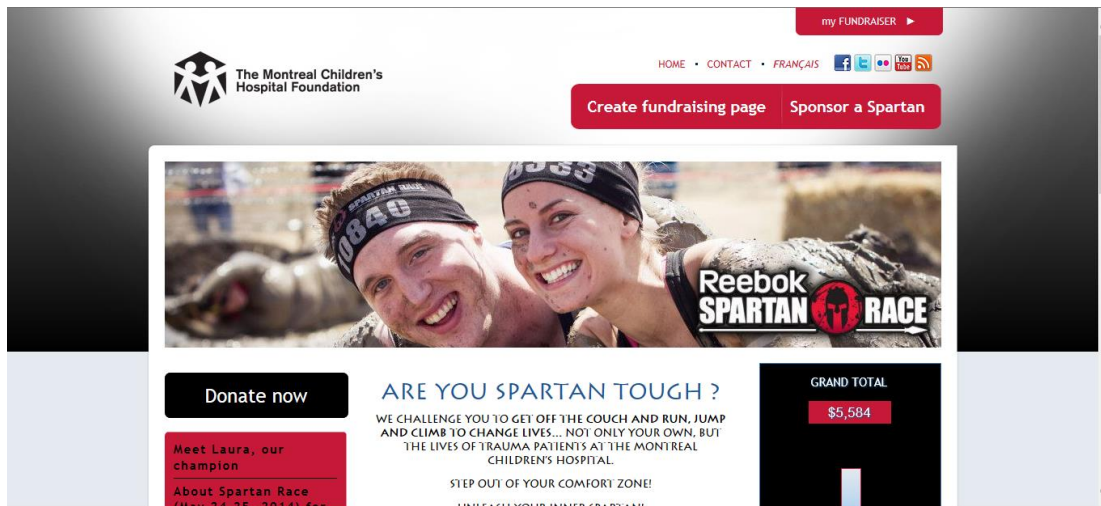
- 1) Race date is May 16th
- 2) You must sign up online at www.spartanforthechildrens.com . See below for specific sign up information. Miss B is here to help you for that if you need help!
- 3) The race costs you \$36.21 (included in this is a Spartan t-shirt, a Spartan Finisher Medal, a drop bag and a Spartan headband)
- 4) You must fundraise a minimum of \$50
- 5) There will be a bus to go Mont Tremblant and back to LRHS, but we will not be back for regular buses. **You MUST arrange to be picked up at LRHS that evening.** Car pooling is encouraged – talk to your friends and parents!
- 6) Bring photo ID
- 7) Bring all the food you need for the day (none will be sold there) and a change of clothes, you WILL get dirty and you must change before getting back on the bus
- 8) Deadline to enter is **Friday, April 18th**
- 9) See Miss B for any additional information you seek, Spartan!

For additional info, contact Melanie Bujold at mbujold@swlauriersb.qc.ca or 450-562-8571 ext 8449



HOW TO SIGN UP FOR THE SPARTAN SPRINT

Step 1: Go to www.spartanforthechildrens.com and click on “Create Fundraising Page”



Step 2: Enter all the necessary information and make sure to click on “Join an existing team” and select Laurentian Regional High School

Address

Address 2 (optional)

City

Country

I wish to...


Participate as an individual

Join an existing team

Create a new team

Team

Validation:
(type the two words)



Step 3: Enter any additional info the site requires, then CHECK YOUR EMAIL. You will receive an email which CONFIRMS you created that page. You must click on the link in the email to make your page go live on the website!

Step 4: Once your page is live, you will receive ANOTHER email with the link to SIGN UP for the Spartan Sprint. Here is where it will cost you \$36.21. Payment is to be made online. If you are not able to do that, see Miss B with the money and she will do it with you.

Step 5: SEE MISS B FOR YOUR FUNDRAISING ENVELOPE!

Step 6: Start fundraising! You must raise a minimum of \$50 each. People can donate to you online on your fundraising page if they go to www.spartanforthechildrens.com click on "Sponsor a Spartan" and search your name. There is a "DONATE" button on your page. If you collect cash, bring it in to Miss B and she will add it to the total on your webpage.

Step 7: Start training! Run. Jump. Climb.

