



2022 HEMMS Bulldogs



# *Color Run*





All 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>  
Grade HEMMS  
Students



**Thursday April 7<sup>th</sup>, 2022**

8-12:00 T-shirt distribution to runners  
1:30 – Remaining T-Shirts Handed out  
2:00 -- Run Begins  
3:00 - 3:30 Finish Line Party  
3:40 -- Dismissal

**\$25** per student

**Includes: Entrance fee**

**T-Shirt**

**Individual Color Packet**

**Icee pop**

**Music  
& Fun!**



# RACE MAP HEMMS CAMPUS



# Spice it up Bulldogs!!!

We Welcome & Encourage:

Crazy Socks

Crazy Hats

Matching shorts

Tutu's

Goggles

Sunglasses

Bandana's or

Dust Mask's for mouths



# SQUAD'S Welcome!



# Run Wild Bulldogs & Have Fun!!!



# Choose 3 Goals

---

**Exercise Everyday**

**Say Thank you**

**Less Screen time**

**Take the Stairs**

**Unfollow Negative People**

**Make Sleep a Priority**

**Drink more Water**

**Pick a new Hobby**

**Make a New Friend**

**Read More Books**

**Spend time in Nature**

**Keep a Gratitude Journal**

## FAQ:

All color packets are made of a cornstarch, baking soda and food coloring mix. FDA certified, non-toxic & Safe



Does the color come out of my clothes & shoes?

**No**, not all of the color will wash out. It is best to wear items that may remain colorful. As with anything, the color comes out better the faster you wash the items.

Can I run and not have the color thrown on me?

YES!

Our color throwing volunteers will look for anyone with a hand up. This indicates that you do not want color thrown on you!



Parents are welcome

-They must pay \$25 to run  
or

Free to all spectators

We need Volunteers to throw color!



## BAD WEATHER

A little rain won't stop us! However, if the ground is too wet or there are lightening/thunderstorms within the proximity, the run will be rescheduled.

# Cell Phones

We understand that you will want to take pictures after the run. However, we recommend your phone be wrapped in a plastic bag or runners waist pack. The color dust will get on your phones. Color throwers cannot control where the color lands.



## Please note:

It is recommended that your phone be secured in your locker. Your phone is at risk of being dropped or damaged. The PTO is not liable for any loss or damage.



# What should I wear or bring?

1. Water Bottle
2. Small towel to dust off
3. Running Shoes
4. Comfortable running shorts or pants



# Eye Problems or Breathing Difficulties:

Please consult your doctor or parents.

If you are known to have breathing problems or eye irritations,  
this may not be the event for you.



**Permission slips must be filled out and submitted  
with payment. No exceptions!**

# How do I register?



Register on or before:

**March 18, 2022**

Late registration may become available, but no guarantee on receiving a t-shirt after 4/1/20



Paper Registration forms and Permission slips are available from:  
any teacher or in the front office.

**Your parents may also register online at PTO Spiritwear Store**

<https://hemmbulldogspto.wixsite.com/website/product-page/hemms-color-run>

Checks/permission slips may be left in the PTO mailbox in the front office or handed to a PTO representative.

# Permission slips & Covid Waivers MUST be filled out or you will not be allowed to run.



H. E. McCracken Middle School  
**Bulldog "Color Run" Event**  
Sponsored by the HEMMS PTO



This is one of our favorite events of the year!  
What a great way to raise money for our school with some healthy "colorful" fun!

**When:** Thursday, April 7, 2022  
**Where:** Runners will follow an outdoor course, around the HEMMS campus  
**Time:** Event kicks off at 1:30 and final color blast finale starts at 3:00pm  
**Cost:** \$25 per runner (Includes: participation, T-shirt, color packet, ~~logo~~ at finish line, music & fun!)

**What to Bring:** We encourage your student to bring a water bottle, comfortable shoes, running shorts, sunglasses, towel & change of clothes for the ride home. Color may be bypassed, but there is no guarantee of clean clothes. Additional color packets and concessions will be available for purchase.

**Sponsorship:** Your name or logo on our T-shirt (medium font)  
 Family Name -Sponsorship \$100  
 Business Logo -Sponsorship \$200

**Volunteers:** We need volunteers to help monitor the race path, passing out water and throwing color. Please join us! If you are interested in volunteering, please email the PTO at [hemmbulldogpto@gmail.com](mailto:hemmbulldogpto@gmail.com)

**Information:** Check out our Color Run PowerPoint Presentation at <https://www.facebook.com/bluffbondogs>

**Payment:** Pay online at <https://hemmbulldogpto.wixsite.com> or submit a check with your signed permission slip to the HEMMS front office in an envelope marked PTO—color run.

**IMPORTANT\* Permission slips, covid waiver and payment must be received on or before 3/18/22 to receive a T-shirt.**

I, \_\_\_\_\_ (printed name) hereby give permission for my son/daughter to participate in the HEMM Color run on 4/7/22. I release the HEMMS PTO of all liability. This event is an "at-your-risk" event. I have reviewed the details of this event and understand the risks. Such risks include injury and non-toxic color being thrown on student

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ First period teacher name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Emergency Ph #: \_\_\_\_\_

\_\_\_\_\_ I have attached a \$25 check made out to: HEMMS PTO

Please circle Shirt Size: youth Large youth xl Adult Small Adult Med Adult Large Adult XL

## WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19 ASSUMPTION OF RISK/WAIVER OF LIABILITY

I understand that the novel coronavirus ("COVID-19"), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is considered to be highly contagious and can result in a range of symptoms which include, but are not limited to fever, shortness of breath, fatigue, loss of taste or smell, and nausea or vomiting. These symptoms can be mild or severe, sometimes resulting in death. COVID-19 is particularly dangerous for anyone with underlying health conditions or the elderly. For additional information on COVID-19, please visit: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>. I acknowledge that COVID-19 is primarily spread by person-to-person contact through respiratory droplets. These droplets can be released into the air when an infected person breathes, coughs, sneezes or talks. The droplets can be inhaled by another person, land in their nose or mouth, or land on a surface that is later touched by another person. A person does not have to be showing signs of illness in order to spread this virus. I understand that the risk of person-to-person spread of the virus is increased by close physical contact, rapid breathing, and the release of bodily fluid (sweat, spit, vomit, or other bodily fluid). I acknowledge that participation in sporting events and athletic training can result in the above listed actions and could increase the risk of transmitting COVID-19.

Beaufort County School District (the "District") has put in place preventative measures to reduce the spread of COVID-19; however, the District cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending and/or participating in any school-related activity within the District's schools could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge that I understand the risks related to COVID-19 and understand that the risk of contracting COVID-19 is increased by participation in athletic training and events. I further understand that my child's continued participation as part of the athletic team is not contingent upon their participation in this current training. I voluntarily assume the risk of my child, \_\_\_\_\_ (name of child), to participate in athletic training related to all sports at \_\_\_\_\_ (name of school) in the District. I acknowledge that my child(ren) and I may be exposed to or infected by COVID-19 by attending and/or participating in sports related activities



## Financial Aid

Would you like to participate but are unable to pay the \$25 registration fee?

Please talk with your school advisor or assigned counselor.

A limited number of scholarships will be offered by the PTO and HEMMS Business Sponsors.

## Crossing the finish Line!



### At the finish line:

You'll be handed one bag of color for our group picture color throw.



2019 Bulldog Participants



JOIN US!  
GET ACTIVE!  
HAVE FUN!

All proceeds from this event will help pay for the following:

1. Student Supplies
2. Teacher Supplies
3. Woo Hoo Cart Supplies
4. Parties for SoM, Honor Roll & Perfect Attendance
5. A new Electronic Sign at the entrance of HEMMS
6. Beautification supplies for the school