



FORCE TRACK AND FIELD LAP-A-THON

Our Lap-a-Thon is a fun, high-energy fundraiser that directly supports our student-athletes and the growth of our track & field program. During this event, each athlete runs or walks as many laps as they can within one hour, demonstrating determination, endurance, and commitment to their sport.

Supporters can participate in two simple ways:

- **Flat Donation** – Give any one-time amount to support the athlete and the team
- **Per-Lap Pledge** – Pledge a specific dollar amount per lap completed (for example, \$1-\$5 per lap)

Every dollar raised helps cover program expenses such as meet fees, facility costs, equipment, uniforms, and athlete development. Your support not only helps reduce costs for families but also allows us to continue offering a quality athletic experience that builds discipline, teamwork, and confidence in our athletes.

Most importantly, the Lap-a-Thon teaches our athletes valuable life lessons about goal-setting, perseverance, and earning support through hard work.

Thank you for investing in our athletes and helping them go the distance!

