



Port Angeles School District  
**Physical Education**  
**Rainbow Run**



- What:** Two-mile walk/run  
**When:** Saturday — October 21<sup>st</sup> @ 2:00 p.m. Check-in begins @ 1:15 p.m.  
**Where:** Lincoln Park (The starting site has changed to the entrance of the ball fields.)  
**Who:** P.E. students, staff, families, and community members  
**Cost:** \$10.00 per person with shirt  
 \$5.00 per person without shirt

The Port Angeles Elementary P.E. Department is hosting a fun and crazy walk/run based on the Color Runs that are gaining popularity across the nation. The money raised will go towards purchasing much-needed physical education equipment at each elementary school.

Participants begin the event wearing white (the more white you wear, the better) and will get sprayed with non-toxic colored powder throughout the course. Though the powder is aimed at chest level, it is recommended that participants wear sunglasses or goggles to prevent the powder from getting in the eyes. It is also a good idea to put towels in the car so that the powder does not get on the seats during the ride home.

Each **pre-registered** participant (**registered by Oct. 18<sup>th</sup>**) will receive a personal powder packet. Shirts are available this year for an additional \$5, but must be ordered by **October 7<sup>th</sup>**. Please include shirt sizes: Youth S, M, L or Adult S, M, L, XL, 2XL

**Please complete the registration form and return it to your P.E. teacher.**

**Please make Rainbow Run checks out to: PAMA (Port Angeles Marathon Association)**

Yes! I/We will participate in the Rainbow Run on October 21<sup>st</sup>.

Name(s):

\_\_\_\_\_ Shirt size: \_\_\_\_\_ (+\$5)  
 \_\_\_\_\_ Shirt size: \_\_\_\_\_ (+\$5)  
 \_\_\_\_\_ Shirt size: \_\_\_\_\_ (+\$5)

(additional names can be written on the back)

**Payment is included:** ( ) cash ( ) check made out to PAMA

I understand that it is our own responsibility to wear appropriate clothing (white) and something to protect our eyes.

Parent Signature: \_\_\_\_\_