



Fit for Bloomsday Essay Contest

Overview

The Fit for Bloomsday Essay Contest is open to all students participating in the Fit for Bloomsday program. The purpose of the contest is to reinforce the key message behind Fit for Bloomsday — namely, why a lifetime commitment to fitness and good health is important.

How the Contest Works

- The Essay Contest Form, provided to coaches, should be copied and distributed to each student who wishes to prepare an essay.
- The form supplies the theme, “Why I am SO Fit for Bloomsday,” and prompts contestants to describe, in 200 words or less, what they do to keep their bodies healthy and why they think exercise and good nutrition are important for growing bodies and for their whole life.
- Prizes will be awarded to a winner in each of the three age categories — K–1st grade, 2nd–3rd grades, and 4th–6th grades. Entrants in the K–1st grade category will be allowed to submit a drawing as well as an essay.
- Essays must be postmarked by April 17 and should be sent to: Lilac Bloomsday Association, 1414 N. Belt, Spokane, WA 99201.
- Essays will be evaluated by the Fit for Bloomsday Committee and a winner announced by May 24. A cash prize of \$100 will be presented to the winner in each of the three age categories. In addition, the winning essays will be featured on the Lilac Bloomsday Association website at www.bloomsdayrun.org, at the "Fit for Bloomsday" link.



Contest

“Why I’m SO Fit for Bloomsday!”

Essay Contest Form

Enter to win \$100 in cash!

Student Name: _____

Age: _____

Kindergarten–1st grade* 2nd–3rd grade 4th–6th grade

School: _____ Teacher: _____

Parent's Signature: _____

Essays must be postmarked no later than April 17, to be eligible. One winner per category will be awarded a \$100 cash prize!

Instructions: In 200 words or less, tell us why you’re “SO Fit for Bloomsday!”

Before you write, it might help to think about some of these things:

- Why is exercise important to you? What do you do to exercise?
- What do you eat that’s healthy? How do those healthy foods help your body?
- Why is it good to have a healthy, strong body?
- How do you think your fitness has been changed by being in the "Fit for Bloomsday" program?

** Entrants in this age category may include a drawing as well as words.*

Mail your essay entry along with this form to the following address:

Fit for Bloomsday Essay Contest, c/o Lilac Bloomsday Association,
1414 N. Belt, Spokane, WA 99201.