



RUN WITH THE LAW™
LAW ENFORCEMENT TORCH RUN
FOR
SPECIAL OLYMPICS NORTH CAROLINA

Run WITH the Law is an event that brings together students and local law enforcement officers to raise money and awareness for Special Olympics. The concept involves School Resources Officers and students in middle and high schools.

What is Run WITH the Law?

It is a community event that aims to increase both funds and awareness for Special Olympics North Carolina by getting students to join forces with their School Resource Officer and/or local law enforcement. Participants collect pledges to run with law enforcement officers who will carry the Flame of Hope for a one to two mile run.

How does Run WITH the Law work?

- RWTL is a joint event with middle and/or high school students and law enforcement coordinated by the School's Resource Officer.
- Students agree to raise a minimum of \$50.00 to run with the SRO or other local law enforcement officers for a distance of one to two miles.
- The running course can be on school grounds – on the track – or in the community near the school with proper escort.
- A ceremony before or after the run is required and must include the students, law enforcement, school administrators and Special Olympics athletes.

What are the benefits of Run WITH the Law?

- It builds respect and inclusion of students with and without intellectual disabilities.
- It strengthens the relationship between youth and law enforcement.
- It allows the entire student body to rally together for a very worthwhile cause.
- It provides a means for students to fulfill their community service requirements.
- It provides closer contact between students and Special Olympics athletes.

Organizing the Event

- Speak with the school administrator and obtain permission to recruit the student body, and to hold a school assembly to talk about the event and Special Olympics.
- Get permission to hold the event with the entire student body there to witness it, maybe during the annual spring activities day.
- Display posters throughout the school and enlist the aid of teachers to promote the event.
 - Have pledge sheets and registration forms available.
 - Ask for an announcement in the school newspaper or weekly reminders during class announcements.
- Get Special Olympics athletes who are enrolled in the school and student volunteers to help recruit runners.
 - Determine the best running course for the event.

Event Registration

- Students must fill out a registration form prior to the event, and must also have an event waiver signed by a parent of guardian before they can participate.
- Registration forms and waivers can be downloaded from the Torch Run Resources page in the Resource Library section of the SONC website at www.sonc.net
 - Students should register three weeks in advance and must turn in money in advance. Students may register in teams – the equivalent of \$50 per team member must be raised in order to participate.

Fundraising

- Students can obtain donations from their friends, relatives, teachers, etc.
- Set up an online fundraising page for your event with the Online Fundraising Platform, Artez. Students will then be able go online and register and start fundraising online.
 - To set up a fundraising page, please fill out an Event Notification Form and send it to Michelle Zaski at mzaski@sonc.net. A page will then be created for your event and a link will be provided to send out so individuals can register and start fundraising.

Run Day Ceremony

- A Run WITH the Law ceremony must be held prior to the run.
 - It must showcase Special Olympics athletes and emphasize that RWTL is part of the Law Enforcement Torch Run.
 - It should be 10-20 minutes long and reflect the school where it's held.
 - It should recognize law enforcement, SONC athletes, participants and school officials.
 - Recommended representation should include local elected Civic Leaders, Chief of Police, Sheriff and the School Superintendent.
 - Get the school band or choir to do the National Anthem.
 - Invite the school cheerleaders to generate school spirit.
 - Have a Special Olympics athlete speak.

The Run

- The group must run together.
- This is not a race – the pace should be ten to twelve minutes per mile.
- Distance should be no less than one, but not more than two miles.
- A lit torch must lead the group and be carried by a law enforcement officer.
- An Officer may share the torch with a Special Olympics athlete or top fundraising student.

Event Logistics

- Order all RWTL shirts two weeks prior to the run.
- Water or sports drinks must be available to the runners after the run.
- If the running course is off campus, make sure that the route is well marked and escorted by marked police vehicles. Have an activity bus follow to pick up stragglers.