

WHS Triathlon

Sponsor an Athlete!

Woodside High School Physical Education Department is hosting its annual triathlon for all 9th graders! The triathlon will consist of a 200 yard swim, 2 mile bike race and 1 mile run!

Purpose of the fundraiser

We currently are one of only a few high schools in California that provides an interactive fitness center to motivate students. Our goal is to raise 25,000 through this fundraiser to support the upkeep and addition of new and exciting equipment in our state of the art fitness center. We also have plans to revamp the free weight/power lifting weight room with new equipment to support both our physical education students and athletes at Woodside High School.

We would also like to be able to offer students new and exciting electives to take at Woodside High School that may include outdoor adventure (orienteering, team building, hiking, etc) and exposure to water sports (kayaking, scuba diving) and much, much more!

Fundraising Tips

1. **SET A GOAL.** Determine how much money you think you can raise...then add \$25 to that amount (don't underestimate yourself).
2. **START EARLY.** Don't wait until the week before the event to start. Begin fundraising as soon as you get your packet. It is never too early.
3. **JUST ASK.** Don't be afraid to ask. Ask everyone: parents, neighbors, teachers, friends, family members, coaches.
4. **MAKE A LIST.** Think about who you know, and ask them to donate to your team.
5. **SEND OUT A LETTER OR EMAIL.** Write a letter or send an email to friends and family members...tell them why you are doing the triathlon and ask them to support you by making a contribution. This is one of the easiest and best ways to start fundraising.

Cash & Check Donations

1. List all cash/check donations you collect on the [Cash & Check Sponsor Sheet](#) on reverse
2. Please make all checks payable to Woodside High School

ALL participants who raise \$50 or more will receive a Triathlon T-shirt, WHS triathlon water bottle, and a free lunch

Participants who raise \$40 will receive all of the above but no T-shirt

