



1900 Washington Blvd. • Easton, PA 18042  
610-253-8442 • [www.stjaneschool.com](http://www.stjaneschool.com)  
[principal@stjaneschool.com](mailto:principal@stjaneschool.com)

February 1, 2024

St. Jane Frances de Chantal School has been educating children of this community for more than 80 years. We pride ourselves with a value and faith-based approach while achieving academic excellence. In order to uphold our mission, we are in need of necessary building and technology upgrades.

To raise funds for this, we are holding our annual HawkWalk event on **April 26<sup>th</sup>, 2024**. All participating children will receive a HawkWalk t-shirt. We are reaching out to area businesses to consider being a sponsor by placing their business name on the back of the shirt. What a great way to promote your business! Please consider one of the following sponsor levels:

**Platinum Sponsor-** Company LOGO on top back of the t-shirt AND a large prize donation valued at \$150+. Recognition on the school's social media sites, in the church bulletin, and school newsletter.  
**\$1000 (we will buy a large prize donation valued at \$150+).**

**Gold Sponsor-** Name recognition in Large print on the top back of the t-shirt. Recognition on the school's social media sites, in the church bulletin and school newsletter. **\$500**

**Silver Sponsor** - Name recognition in Medium print on the back of the t-shirt. Recognition on the school's social media sites, in the church bulletin and school newsletter. **\$300**

**Bronze Sponsor** - Name recognition in Small print on the back bottom of t-shirt. Recognition on the school's social media site, in the church bulletin and school newsletter. **\$150**

**Please provide your company name (Platinum Sponsor's please provide your logo) exactly as you would like it to appear on the t-shirt to Lisa at [lcalandra610@gmail.com](mailto:lcalandra610@gmail.com) (sizes will vary based on sponsorship level).**

All donations are tax deductible. Please make checks payable to **St. Jane's H.S.A.** Your payment can be mailed to St. Jane School (please specify that it is for the HawkWalk t-shirt ad). If interested, please contact our t-shirt advertising coordinator, Lisa Calandra at [Lcalandra610@gmail.com](mailto:Lcalandra610@gmail.com) or call/text her at 610-217-6318 with any questions. T-shirt sponsorships need to be submitted no later than March 22, 2024. Thank you for helping our school!

Sincerely,

Michelle Van Wert

HawkWalk Chair, 2023  
267-918-9541

# THE WALL STREET JOURNAL.

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OPINION | Declarations

## Can We Save Our Children From Smartphones?

Jonathan Haidt's new book clarifies what we already know. He also has some ideas for reform.

*By Peggy Noonan*

Apr 04, 2024 06:18 p.m. ET

There's a funny thing that happens in a nation's thoughts. At some point everyone knows something is true, and talks about it with each other. The truth becomes a cliché before it becomes actionable. Then a person of high respect, a good-faith scholar who respects data, say, comes forward with evidence proving what everyone knows, and it is galvanizing. It hits like a thunderclap, and gives us all permission to know what we know and act on it.

That is my impression of Jonathan Haidt's new book, "The Anxious Generation: How the Great Rewiring of Childhood Is Causing An Epidemic of Mental Illness," that it has broken through and is clearing the way for parents' groups and individuals to move forward together on an established idea. Mr. Haidt, a widely admired social psychologist who teaches at New York University's Stern School of Business, has spent his career studying emotion, culture and morality, turning along the way to child development and adolescent mental health.

What we all know is that there's a mental-health crisis among the young, that they seem to have become addicted to social media and gaming, and that these two facts seem obviously connected. Mr. Haidt says, and shows, that the latter is a cause of the former.

He tells the story of what happened to Generation Z, which he defines as those born after 1995. (They followed the millennials, born 1981-95.) Older members of Gen Z entered puberty while four technological trends were converging. One was the arrival of the iPhone in 2007, another the continuing spread of broadband internet. The third, starting in 2009, was "the new age of hyper-viralized social media," with likes, retweets and shares. In 2010 came the front-facing camera on smartphones, which "greatly expanded the number of adolescents posting carefully curated photos and videos of their lives for their peers and strangers not just to see, but to judge."

This became "the first generation in history to go through puberty with a portal in their pockets that called them away from the people nearby and into an alternative universe that was exciting,

addictive, unstable and . . . unsuitable for children and adolescents.”

Pew Research reports that, in 2011, 23% of teens had a smartphone. That meant they had only limited access to social media—they had to use the family computer. By 2016 one survey showed 79% of teens owned a smartphone, as did 28% of children 8 to 12. Soon teens were reporting they spent an average of almost seven hours a day on screens. “One out of every four teens said that they were online ‘almost constantly,’ ” Mr. Haidt writes.

Girls moved their social lives onto social media. Boys burrowed into immersive video games, Reddit, YouTube and pornography.

The tidal wave came to these children during puberty, when the human brain is experiencing its greatest reconfiguring since early childhood. In puberty, as brain researchers say, “neurons that fire together, wire together.” What you do at that time “will cause lasting structural changes in the brain,” Mr. Haidt writes.

Suddenly children “spent far less time playing with, talking to, touching or even making eye contact with their friends and families.” They withdrew from “embodied social behaviors” essential for successful human development. It left them not noticing the world.

Signs of a mental-health crisis quickly emerged. Rates of mental illness among the young went up dramatically in many Western countries between 2010 and 2015. Between 2010 and 2024 major depression among teens went up 145% among girls, 161% among boys. There was a rise in disorders related to anxiety as well.

Some medical professionals were skeptical. Most pertinent studies were based on self-reporting: Maybe young people had simply grown more willing to talk about their feelings. Mr. Haidt looked at changes that weren’t self-reported—studies charting emergency psychiatric care and admissions. They too were up. “The rate of self harm for . . . young adolescent girls nearly tripled from 2010 to 2020.”

What Mr. Haidt calls the Great Rewiring isn’t only about changes in technologies. Parents over the past few decades made two big choices about how to keep children safe, and both were wrong. “We decided the real world was so full of dangers that children should not be allowed to explore it without adult supervision, even though the risks to children from crime, violence, drunk drivers, and most other sources have dropped steeply since the 1990s. At the same time, it seemed like too much of a bother to design and require age-appropriate guardrails for kids online, so we left children free to wander though the Wild West of the virtual world, where threats to children abounded.”

A dark irony: Parents are often physically overprotective of their children out of fear of sexual predators. But those predators have moved online, where it’s easy to find and contact children.

Mr. Haidt cites an essay for Free Press by a 14-year-old girl: “I was ten years old when I watched porn for the first time. I found myself on Pornhub, which I stumbled across by accident and

returned to out of curiosity. The website has no age verification, no ID requirement, not even a prompt asking me if I was over 18. The site is easy to find, impossible to avoid, and has become a frequent rite of passage for kids my age. Where was my mother? In the next room, making sure I was eating nine differently colored fruits and vegetables on the daily.”

Mr. Haidt suggests four reforms:

- No smartphones before high school, only basic phones with no internet capability.
- No social media before 16. Let their brains develop first.
- All schools from elementary through high school should be phone-free zones—students can store their devices in lockers.
- Bring back unsupervised play. Only in that way will kids naturally develop social skills and become self-governing.

Parents feel defeated and powerless. “It’s too late,” they tell Mr. Haidt, “That ship has sailed.” No, he insists. America has *always* found ways to protect children while mostly allowing adults to do what they want. Automobiles? Seat belts and car seats. Cigarettes? Age limits and a ban on vending machines.

We can’t abstain and allow a virtual world in which adults run free and children are defenseless. Concrete measures and collective action, to which Mr. Haidt devotes the last third of the book, at least offer improvement.

Near the end he quotes Sean Parker, the first president of Facebook, on the inner thinking of the Silicon Valley pioneers who created the new world. In a 2017 interview Mr. Parker said they wished to “consume as much of your time and conscious attention as possible.” The “social validation feedback loop” they created exploits “a vulnerability in human psychology.” The apps need to “give you a little dopamine hit every once in a while, because someone liked or commented on a photo or a post or whatever. And that’s going to get you to contribute more content, and that’s going to get you . . . more likes and comments.” He said that he, Mark Zuckerberg and Kevin Systrom, a co-founder of Instagram, “understood this consciously. And we did it anyway.” He added: “God only knows what it’s doing to our children’s brains.”

We know now.

# CAREER DAY

Monday, May 13, 2024

8:00 a.m. -10:45 a.m.

Do you have a special occupation or talent you would like to share with our students? If you would like to join us with your 20-25 minute presentation, please complete the form below and return by Friday, May 3. Any questions can be referred to Mrs. Blessing at [class1b@stjaneschool.com](mailto:class1b@stjaneschool.com)

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Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Grade level(s) preferred: \_\_\_\_\_

Topic/Career: \_\_\_\_\_

Child(ren)'s name(s) and homeroom:

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28th Annual

# Golf Tournament

To Benefit St. Jane's CYO

## Friday, May 17, 2024

### Register online [www.sjhawks.com](http://www.sjhawks.com)

Where: Riverview Country Club

When: Friday, May 17, 2024

Time: 8:00 am Tee Time  
Fee Includes Greens Fees, Cart,  
Lunch, St. Jane's CYO SWAG

Format: 18 Holes Shotgun-Scramble

### GREAT PRIZES & GAMES

Tricky Tray

Team Super 50/50

50/50

Pot O' Gold/"Golf for Life"

Putting Contest

### SPONSORSHIP OPPORTUNITIES

- Friends of St. Jane's \$500
- Bronze \$700
- Silver \$1,200
- Gold \$2,000
- Platinum \$3,000

Company Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

### REGISTRATION

- 8:00 am \$150

Register a foursome for \$500.00

Make check payable to St. Jane's C.Y.O. Tear off and return registration slip and check to: C.Y.O. Golf Outing, 281 White Barn Lane, Easton, PA 18045. Entry forms will not be accepted without payment.

1. \_\_\_\_\_  
name email phone

2. \_\_\_\_\_  
name email phone

3. \_\_\_\_\_  
name email phone

4. \_\_\_\_\_  
name email phone

Team Contact Email \_\_\_\_\_

Questions regarding  
your registration,  
please email to  
[kylesten@rcn.com](mailto:kylesten@rcn.com)

Total Amount for Golfers \$ \_\_\_\_\_ Total Amount of Sponsorships \$ \_\_\_\_\_ Total Enclosed \$ \_\_\_\_\_

I can't play this year but I have enclosed a donation of \$ \_\_\_\_\_.

ST. JANE'S



HAWKS CYO

**St. Jane's CYO Golf Outing**  
**[www.sjhawks.com](http://www.sjhawks.com)**

On **Friday, May 17<sup>th</sup>**, the 28<sup>th</sup> Annual **ST. JANE'S GOLF OUTING** will be held at **Riverview Country Club**. Last year with your help, and with the help of our loyal parish family, we were able to bring back one of the most successful annual golf outings in the Lehigh Valley. Please consider joining us again this year, by lending your continued support for our student athletes and the Parish community. Through your patronage, we not only help our Parish families, but we are aiming our work at helping to support the new Parish Center. The CYO is seeking broad community participation, and your involvement as a golfer or financial supporter is greatly needed.

As a participant in the outing, you'll play one of the premier golf courses in the Lehigh Valley, Riverview Country Club. There will be a 50/50, Tricky Track, Team Super 50/50, Pot of Gold, Golf For Life, and Putting Contest. An awards luncheon for golfers, sponsors, and other friends will follow the golf tournament at Riverview's reception venue.

The mission of St. Jane's CYO is to provide athletic and social opportunities to every parish child. This is an expensive proposition. The CYO only has two fundraisers per year. Now is your chance to positively impact the lives of over 500 local children who participate in St. Jane's CYO activities, and the junior and senior high youth programs that we support.

Attached you will find the golf outing participation and sponsor form. There are multiple levels of support from which to choose. To become a sponsor or golfer, please simply fill out the attached form and enclose a check payable to St. Jane's CYO **by April 30, 2024**. Please send all checks and forms to:

Kyle Stencovage  
281 White Barn Lane  
Easton, PA 18045

If you have any questions, you may contact me by email at [kylesten@rcn.com](mailto:kylesten@rcn.com).  
Thank you for your support.

Respectfully,

Kyle Stencovage  
St. Jane CYO Vice President

**ST. JANE'S**



**HAWKS CYO**

**St. Jane's CYO Golf Outing  
Sponsor Levels and Benefits  
[www.sjhawks.com](http://www.sjhawks.com)**

<b>Sponsor Level</b>	<b>Amount</b>	<b>Benefit</b>
<b>Friends of St. Jane's CYO</b>	<b>\$500.</b>	<b>Large Sign at Tee. Listing in program.</b>
<b>Bronze</b>	<b>\$750.</b>	<b>Contest Hole Sponsor. Sign with contact info at contest hole.</b>
<b>Silver</b>	<b>\$1,500.</b>	<b>"At the Turn" Club House Sponsor. Signage at the turn. Listing in program. Listing in Parish bulletin. Include foursome.</b>
<b>Gold</b>	<b>\$2,000.</b>	<b>Cart Sponsor. Signage in each cart. Business logo displayed on CYO website. Listing in Parish Bulletin. Includes foursome.</b>
<b>Platinum</b>	<b>\$3,000.</b>	<b>Banner sized sign at starter's area and at dinner. Business representative on site to meet with golfers. Flier/business card on each table at dinner. Business logo displayed on CYO website. Listing in Parish Bulletin. Includes foursome.</b>





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## PRIZES NEEDED FOR HAWKWALK

The HawkWalk committee is asking families for prize donations for the day of the event (April 26, 2024).

Students receive 1 ticket for every \$50 raised – During the HawkWalk, students will visit the “Tricky Tray” station and place their tickets in the prizes they would like to win. Winners are drawn at the conclusion of the event. It truly adds to the excitement of the day!!! All donations are greatly appreciated.

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**\*\*\*NEW FOR 2024\*\*\***

[Amazon Wish List - HawkWalk 2024](#)

[https://www.amazon.com/hz/wishlist/ls/1CN4K4V0G1POF?ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/ls/1CN4K4V0G1POF?ref_=wl_share)

Above is a link to an Amazon Wish List – Our goal is to have prizes that excite ALL students, Kindergarten through 8<sup>th</sup> Grade!!! (Think outdoor toys, sporting goods, games, Legos, Nerf toys, crafts, electronics, video games, books, tickets to events, collectables, and GIFT CARDS)

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### SHORT ON TIME?!?

CASH DONATIONS CAN BE SENT TO JENNA FRANKENFIELD (Venmo: @Jenna-Frankenfield-1) OR C/O PIPER FRANKENFIELD 3A AND WE'LL TAKE CARE OF THE SHOPPING FOR YOU 😊

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Prizes can be sent in and/or dropped off in the school office during school hours or we can arrange for prize pick up. Please contact me with any questions or to coordinate pickup: Jenna Frankenfield 610.360.3621 or [jennafrankenfield@gmail.com](mailto:jennafrankenfield@gmail.com).

**PLEASE SUBMIT DONATION NO LATER THAN MONDAY, APRIL 22<sup>nd</sup>**



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principal@stjaneschool.com

## HawkWalk Volunteer T-Shirts

A limited number of 2024 HawkWalk T-Shirts for adults are available for sale (Adult Small - 3XL). Shirts are \$15 each (cash or checks made payable to St. Jane HSA). Please send all money to the office along with this form "Attn: Mrs. Korp").

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Name: \_\_\_\_\_

Shirt size(s): \_\_\_\_\_

Telephone number: \_\_\_\_\_

Email: \_\_\_\_\_

Student name and homeroom for delivery:

\_\_\_\_\_

\*Please send \$15 per shirt cash or check made payable to St. Jane HSA



# OWOWCOW DINE TO DONATE EVENT



April 24, 2024

1262 Simon Blvd Unit B106  
Easton, PA

6:00 pm - 9:00 pm

PROCEEDS SUPPORT  
ST. JANES SCHOOL  
ANNUAL HAWKWALK



A vibrant poster for the play 'Peter Pan'. The background is a dark blue night sky filled with stars and a glowing city skyline. In the foreground, the title 'PETER PAN' is written in a large, ornate, serif font. The word 'PETER' is in a lighter blue, while 'PAN' is in a darker blue. Silhouettes of Peter Pan flying and a large, ornate building are visible in the background.

# PETER PAN

**MAY 4TH 2PM AND 6PM**  
**ST. JANE DE CHANTEL SCHOOL**

**1900 WASHINGTON BLVD,  
EASTON, PA 18042**

**TICKETS: \$12**  
**INFO: 610-417-2189**



# SCUBA Vacation Bible School

New friends – Prayer - Creative Games – Incredible Music & More

**SAVE THE DATES!**

- **Dates:** July 22 through July 26
- **Location:** Father Farrell Hall (1922 Washington Blvd., Easton, PA 18042 by St. Jane School)
- **Times:** 9:00 a.m. until 11:30 a.m. daily
- **Cost:** \$25 per student

Girls and boys who are age 5 (entering kindergarten in August/September 2024) through age 11 are eligible to register.

**\*\*Online Registration Begins on April 27 on St. Jane Parish website!\*\***

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## **\*Adult & Teen volunteers needed!\***

Contact Kevin Kimmel at [kkimmel@rcn.com](mailto:kkimmel@rcn.com) or 610-253-7794 ext. 2, if you are available. We are accepting teen volunteers who are currently in 6<sup>th</sup> grade (going into 7<sup>th</sup> grade in August/September 2024) through high school.



# **Catholic Mutual...CARES**

## **Solar Eclipse**

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States and Canada. A total solar eclipse happens when the moon passes between the sun and earth, completely blocking the face of the sun. The sky will darken as if it were dawn or dusk.

The total solar eclipse will begin over the South Pacific Ocean. Weather permitting, the first location that will experience totality is Mexico's Pacific coast at around 11:07 PDT. The path will then continue into Texas and travel through Oklahoma, Arkansas, Missouri, Illinois, Kentucky, Indiana, Ohio, Pennsylvania, New York, Vermont, New Hampshire and Maine.

For more details on the 2024 eclipse, please visit <https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/where-when/>

### **Safety Tips for Viewing the Solar Eclipse**

- The only way to safely look directly at an eclipsed sun is through special-purpose solar filters, such as "eclipse glasses" or hand-held solar viewers.  
Filters should comply with the safety requirements of the ISO 12312-2 international standard for direct viewing of the sun. The American Astronomical Society provides information for safe viewing and has a list of manufacturers that provide viewing glasses that meet the safety requirements of the ISO 12312-2. Please visit [https://eclipse.aas.org/eye-safety/viewers\\_filters](https://eclipse.aas.org/eye-safety/viewers_filters)
- Always inspect your solar filter before use; if scratched or damaged, discard it. Read and follow any instructions on or packaged with filter.
- **Always supervise children using eclipse glasses and solar filters.**
- Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the sun. After glancing at the eclipsed sun, turn away and remove your filter –do not remove it while looking at the eclipsed sun.
- Do not look at the eclipsed sun through an unfiltered camera, telescope, binoculars, or other optical device. Similarly, do not look at the eclipsed sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses or hand held solar viewer –the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury.
- Sunglasses are never a substitute for eclipse glasses.

Children that are not age appropriate or mature enough to know the importance of following the viewing guidelines should not be permitted to view the eclipsed sun.

*Red Robin® will give*

**20% OF FOOD SALES\*  
BACK TO**

# **ST. JANE'S HOME & SCHOOL ASSOCIATION**

**Show this flyer or simply mention the fundraiser to  
your server to have your sales counted.**

## **FUNDRAISER DETAILS**

**3716 Easton Nazareth Hwy, Easton, PA 18045**

**May 23, 2024 5PM - 9PM**

**If ordering online, please follow these instructions:**

- 1** Start your order at [order.redrobin.com](https://order.redrobin.com) and select the restaurant above.
- 2** In the menu, go to the category labeled "Fundraisers (To-Go Only)" and click on that item.
- 3** Click the "add" button, and then "add to bag."
- 4** Add your meal items and check out.
- 5** Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!

\*Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.

**Red Robin.**



**Helping Mothers in Need**

Strides for Moms

5K Run/Walk

Benefits: Walking with Moms in Need and Our Lady's Helpers

Saturday, June 8th, 2024

Notre Dame High School

3417 Church Road, Easton, PA 18045

Race Starts at 9:00 AM

Registration: 7:30-8:30 AM

**\$30.00**

**T-Shirts** will be guaranteed for everyone registered prior to May 15, 2024

**Top Age Groups Awards M/F 9 & Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+**

**The Course** is an established route through Bethlehem Township. It is flat and fast and a great place to achieve your personal record!

**Race Day** Registration packets/t-shirts may be picked up Friday, June 7, 2017 at NDHS between 6-7PM and at race site between 7:30 AM and 8:30 AM on race day.

**Results will be posted: <https://www.secondwindtiming.com/results/>**

**PRINT NAME:** \_\_\_\_\_

**Sex:** (Circle) M or F

**Age:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**T-Shirt Size** (please circle one)    S    M    L    XL

Use QR Code to register :



**OR** register online: <https://runsignup.com/stridesformoms>

**OR send all registration form including signed waiver (printed on back page) and payments (checks payable to Walking with Moms in Need) to:**

**DeDe Brown    100 E High Street    Nazareth, PA 18064**



**Waiver:** I know that walking or running a road race is a potentially hazardous activity. I should not enter and walk or run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk of walking or running in traffic. I also assume any and all other risks associated with walking or running or attending the race including but not limited to falls, contact with other participants, the effects of the weather, the condition of the roads, terrorism, crime and acts of God, all such risks being known and appreciated by me. KNOWING THESE FACTS, AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY FEE AND ALLOWING ME TO PARTICIPATE, I HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS OR ANYONE ELSE WHO MIGHT CLAIM ON MY BEHALF, COVENANT NOT TO SUE, AND WAIVE, RELEASE AND DISCHARGE THE DIOCESE OF ALLENTOWN, MOST REVEREND ALFRED A SCHLERT DD,JCL, THE ROMAN CATHOLIC DIOCESE OF ALLENTOWN CHARITABLE TRUST, NOTRE DAME HIGH SCHOOL, INC, AND THEIR RESPECTIVE MEMBERS, TRUSTEES, PASTORS, ADMINISTRATORS, DIRECTORS, OFFICERS, PRINCIPAL AND EMPLOYEES OF EACH OF THEM , OUR LADY'S HELPERS, WALKING WITH MOMS IN NEED AND DEDE SWEENEY-BROWN & SECOND WIND RACE TIMING, ANY SUBCONTRACTORS IT OR THEY UTILIZE, ALL MUNICIPALITIES IN WHICH THE RACE IS HELD, THE RACE COMMITTEE, VOLUNTEERS, ANY AND ALL SPONSORS INCLUDING THEIR AGENTS, EMPLOYEES, ASSIGNS OR ANYONE ACTING ON THEIR BEHALF, AND ANYONE ELSE ASSOCIATED IN ANY WAY WITH THE RACE, OR NDHS, OUR LADY'S HELPERS, WALKING WITH MOMS, DEDE SWEENEY- BROWN OR SECOND WIND RACE TIMING, INCLUDING BOARD MEMBERS,EMPLOYEES AND VOLUNTEERS AT EACH OF THOSE ORGANIZATIONS (COLLECTIVELY, "THE RELEASEES"), FROM ANY OR ALL CLAIMS OR LIABILITY FOR DEATH, PERSONAL INJURY (PHYSICAL OR PSYCHOLOGICAL, PAIN, SUFFERING, ILLNESS, PARALYSIS, OR OTHER) OR PROPERTY DAMAGE OF ANY KIND OF NATURE WHATSOEVER ARISING OUT OF OR IN THE COURSE OF MY PARTICIPATION IN THIS EVENT. THIS WAIVER EXTENDS TO ALL CLAIMS OF EVERY KIND OF NATURE WHATSOEVER, FORESEEN OR UNFORESEEN, KNOWN OR UNKNOWN. ADDITIONALLY, I AGREE TO INDEMNIFY AND HOLD HARMLESS THE RELEASEES AGAINST ANY AND ALL CLAIMS, ACTIONS, LAWSUITS, DAMAGES AND JUDGEMENTS, INCLUDING ATTORNEY FEES, ARISING OUT OF OR RELATING TO MY PARTICIPATION IN THE EVENT. By entering this race, I am granting permission to Second Wind and/or Our Lady's Helpers and/or Walking with Moms In Need and/or DeDe Sweeney-Brown to use any pictures or likeness of me secured at the event in any way they see fit without review, restriction or compensation.

I HAVE READ AND UNDERSTAND THIS WAIVER AND VOLUNTARILY AGREE TO IT.  
(IF UNDER 18, A LEGAL GUARDIAN MUST ALSO AGREE TO THE WAIVER FOR THE MINOR BY SIGNING BELOW.)

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

GUARDIAN: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

Questions: contact DeDe Brown at [stridesformoms@gmail.com](mailto:stridesformoms@gmail.com)

**More information about:**

**Walking with Moms in Need:** <https://www.walkingwithmoms.com/>

**Our Lady's Helpers:** <https://ourladyshelpers.org/>