

Hillside News
September 22, 2017

Michael_Kascak@Needham.k12.ma.us
Chanit_List@needham.k12.ma.us
Lori_Donovan@Needham.k12.ma.us

781-455-0461



September **26** **Early Release Day K - 5 12:15**
 29 **PTC Dues Drive ends**



October **3** **PTC Meeting 7:15 PM**
 4 **Walk/Bike-to-School Day**
 6 **Room Parent Meeting 8:35 AM**
 9 **Columbus Day - Schools closed**
 13 **Portrait Day - Pack your smiles**

Mr Goneconto's 2nd grade class, recipients of the coveted Golden Sneaker Award for The Back to School Stride 9/12/17



PTC Hillside Hornet Buzz

Annual Dues Drive: FIRST, we want to say a very big thank you to all of those families who have already contributed! We are entering our **final week** of our **Annual Dues and Challenge Drive**; if you have not sent in your contribution (any amount is welcome), please consider doing so this week! Our dues drive runs until September 29th. Our goal this year is to exceed \$16,000 with 100% participation and we are at **\$13,351.25** with **48% participation**. Remember that 100% of the funds raised will go to support some amazing programs and enrichment opportunities for our kids. To make a donation by credit card, please use the PayPal button on our website. We are also accepting cash, checks, and money orders if you prefer to send your payments into the school in the envelope we provided. Each family that participates will receive a hard copy of the school directory which is always helpful to have on hand!

Picture Day Rescheduled: Due to the rain this week, Picture Day has been rescheduled for Friday, October 13th. Thanks to those parents who volunteered to help things run smoothly on the original date. We are now looking for volunteers to help on 10/13. To volunteer, please sign up at <http://www.signupgenius.com/go/20f0c4cacad22a5fa7-picture>

Fall Box Tops Contest: The **Fall Box Tops Contest** is almost here. Are your box tops clipped and ready? The **Fall Box Tops Contest** will begin on **Monday, October 2nd** and end on **Friday, October 13th**. During this time classes will compete to collect the highest amount of unexpired of Box Tops. The winning class will receive a POPSICLE PARTY! So start clipping and saving those Box Tops now!!! More information to follow. Any questions, please contact our Box Tops Coordinator, Joyce McCafferty @ sjsong77@yahoo.com.

Our first **PTC meeting** is **Tuesday, October 3, at 7:15 pm**, in the Hillside Gym. At these meetings, we review and approve enrichment grants as well as share and discuss important information about the school and PTC activities. At this meeting, Caren Nemtow, the Director of the Child Assault Prevention (CAP) Program will be presenting information on the CAP Program and recruiting volunteers to help continue to run the program. Seema Meloni and Joanna Herrera will also be speaking about the Needham Education Foundation (NEF). Please join us – it's a great way to stay informed and get involved.

The **Room Parent Meeting** is **Friday, October 6, 2017 at 8:35 a.m.** in the Hillside Cafeteria. Thank you to all our Room Parents! We request that at least 1 (if not all) room parent for each classroom attends this informational meeting. It will also help for us to have you all there so that we can ensure all CORI forms are completed. If you have any questions, please contact April Crawford @ aacrawford44@gmail.com or Shelly Bansal-Snow @ sbansal99@gmail.com.

Upcoming Events

Halloween Trick or Trot 5K Run/Walk & Kids' Monster Fun Run: Please join us for this very fun, family-friendly event to benefit the various programming and activities supported by the Hillside PTC. The Monster Fun Run is for all children ages 12 years and younger - it is about a quarter-mile run around the Hillside field. Every registered child will receive a prize. The 5K is a run/walk for all skill levels and great for families. The route starts and ends at Hillside and goes around the Hillside district. For all children ages 12 yrs and younger that register for the 5K, they get automatic free registration for the Monster Fun Run. The first 160 people to register for the 5K will receive a FREE commemorative sport-tek t-shirt. To register online, use this link: trickortrotneedham.racewire.com. Interested in volunteering at the event or have any questions? Contact Seema (seema.meloni@gmail.com).

Other PTC Fundraisers

Amazon Smile: When you shop Amazon, be sure to shop via the Amazon Smile link and designate the Hillside Parent Teacher Council Trust as your charity of choice. Amazon will donate a portion of their proceeds back to the PTC every time you purchase eligible items. It takes very little effort, but the pay-off for the PTC is great!

Seeking Volunteers

The PTC depends very heavily on parent volunteerism. We are fortunate to have many very dedicated parents who step up each year to run committees, but we are always looking for more help! Below are some great volunteer opportunities we hope you will consider:

Seeking Media Center Volunteers: The Hillside Media Center still needs volunteers for a few time slots:

Day	Time	Class	Weeks
Monday	8.45-9.25	5R	D
	1.10-1.50	4K	A, B, D
	1:55-2:35	4H	A
Tuesday	9.30-1.10	2H	A, C
Wednesday	10.15-10.55	1D	A, C
Thursday	8.45-9.25	KM (AM)	C
	9.30-10.10	KD (AM)	B, D
	10.15-10.55	4 M/S	A, B, D
	12.30-1.10	KM (PM)	B,C,D
Friday	11.00-11.40	1C	B,

Please see Media flyer at the end of the Newsletter for more information including the schedule and contact Vanessa Jones @ vanessajones694@hotmail.co.uk or Clare Currie @ currie.clare@yahoo.co.uk with any questions. To sign up for a Media slot:

1. Find your child's class slot on the Media Schedule
2. Review the chart 'A-B-C-D Weeks' that include the calendar dates, and decide which weeks are best for you. We encourage volunteers to sign up for 2x per month, but you may choose more or fewer weeks.
3. Email hillsidemediavolunteer@gmail.com with the following information:

- a. Your full name and preferred email*
- b. Class in which you would like to volunteer (grade level, teacher's name, e.g., "2T")
- c. Which weeks you would like to volunteer—A, B, C, D

Seeking 1st Grade Cafeteria Volunteers: Parent volunteers help the students get through the lunch line more quickly so that they have ample time to eat and help the 1st graders learn to clean up before the next lunch shift comes in. You can sign-up for as many or as few days as you can offer. To sign up, either contact Erin Ellis at erinellis03@gmail.com or go to the Sign up Genius link: <http://www.signupgenius.com/go/8050d4badaa22a31-first1>

Community

Needham Education Foundation: Bring your ideas! NEF Accepting Fall '17 Grant Applications. At Hillside, the NEF (Needham Education Foundation) has provided funding for culturally diverse classroom libraries, a visit from author Gregory Mone, and math backpacks for kindergarteners. Do you have an innovative idea to enhance your child's learning experience or the school community?

The NEF is now accepting applications. Small grant applications for up to \$5,000 (\$3,000 per school for multi-

school grants) are due October 17th. New this year, large grant papers (up to \$15,000) will be due in January.

The NEF continues to offer two additional options to ease the small grant application process: (1) Express Grants allow applicants to apply for a program already funded by NEF at another school; (2) Multi-School Grants allow schools to apply together without the constraints of the small grant funding limit.

Any Needham Public School educator, administrator or community member — including students and parents — is eligible to apply. Contact Sena Hsu (your NEF school rep) or Sam Bookston, Joanna Herrera, Michelle Hoffmeister, Christopher Lee or Seema Meloni (NEF Board members who have children in your school) if you have any questions or would like guidance. To see what the NEF has funded in the past and to apply online, please visit <http://www.nefneedham.org/grants/>.

Needham's Special Education Services and Programs.

Please join the **Needham Special Education Parent Advisory Council (SEPAC)** on **Wednesday, October 4th** in the **Broadmeadow School Media Center** for an overview of what Needham has to offer students with all types of needs at all of our schools, from preschool through age 22. This is an opportunity to meet all of the Special Education Directors, and to learn about what will be new this year. Refreshments will be served at 7:00pm and the Program will begin at 7:30 and end at 9:00pm. For more information, please see flyer at the end of this newsletter.

Screening of "Race to Nowhere". The Needham Education Foundation and the Needham School PTCs invite you to come and see a screening of "Race to Nowhere" on **Thursday, October 19th, 6 pm @ Pollard**. "Race to Nowhere" calls us to challenge current thinking about how we prepare our children for success. Featuring the heartbreaking stories of students across the country who have been pushed to the brink by over-scheduling, over-testing and the relentless pressure to achieve. Through the testimony of educators, parents and education experts, it reveals an education system in which cheating has become commonplace; students have become disengaged; stress-related illness, depression and burnout are rampant; and young people arrive at college and the workplace unprepared and uninspired. The movie will be followed by a panel discussion. This event is free and is open to the Needham community. To register for free tickets, please click on <https://www.eventbrite.com/e/race-to-nowhere-free-screening-panel-discussion-tickets-37665146467>.

Needham Child Assault Prevention (CAP) Program

Seeking Volunteers: Are you someone that believes that all children have the right to be "Safe, Strong and Free?" If so, then join our dynamic team of trained CAP volunteers who are committed to teaching children in the Needham Elementary Schools the skills that they would need to stand up for themselves if faced with a situation involving verbal, physical or sexual assault. We are now accepting applications for the 2017-2018 school year. The next training begins on **October 29th**. For more information or an application, please visit our website at www.needhamcommunitycouncil.org or contact Caren Nemtzow, Director, at 781-444-2415, ext. 2120 or cnemtow@needhamcommunitycouncil.org.

To ensure you get all our future updates, please **LIKE us on Facebook (Hillside Elementary School PTC and register your information through our website www.HillsidePTC.org** so that you will receive our email blast.

PTC Co-Presidents

Erin Apstein, eringapstein@gmail.com

Meg Rosenbaum, megrosenbaum11@gmail.com

www.HillsidePTC.org

School Committee Open House

The Needham School Committee will hold an Open House on Saturday, September 23, 2017 from 9:00 to 10:30 a.m. in the cafeteria at Needham High School. The School Committee looks forward to welcoming the community to tour the school and to answer questions regarding a possible Needham High School classroom expansion and building renovation project.

The **Needham Fine and Performing Arts Department** is proud to announce the auditions for the 2017-2018 Needham Public Schools' Elementary Honors Band. **All students in Advanced Band** will receive fliers with details about the ensemble and auditions, which will take place on October 5. For additional questions about Honors Band, please contact the director, Allison Penn, at allison_penn@needham.k12.ma.us. We strongly encourage Needham's finest Advanced Band members to audition for this group! <http://mrspennmusic.weebly.com/needham-elementary-honors-band.html>

SEPAC Educational Presentation: Needham's Special Education Services and Programs

Please join us for an overview of what Needham has to offer students with all types of needs at all of our schools, from preschool through age 22. This is an opportunity to meet all of the Special Education Directors, and to learn about what will be new this year.

Wednesday, October 4

Refreshments: 7:00pm

Program 7:30 – 9:00pm

Broadmeadow School Media Center



You are cordially invited to the **Dance Party Time Machine**- a fundraiser for the *Needham Education Foundation* and the *Gardner Pilot Academy* Saturday, September 23rd from 7:00 pm to 11:00 pm at the Village Club, Needham.

Get your tickets today at Eventbrite.com:
<https://www.eventbrite.com/e/dance-party-time-machine-2017-tickets-36468171282?aff=eac2>

Bring your ideas! NEF Accepting Fall '17 Grant Applications

Has your kindergartner checked out a math backpack? Has your middle schooler used the virtual reality equipment? Did your high schooler participate in a writing workshop with author Tara Sullivan? For over 25 years, the Needham Education Foundation (NEF) has funded these and many other entertaining and educational programs that "make learning come alive" for Needham public school students. If you have an innovative idea to enhance your child's learning experience or school community, we want to hear from you!

The NEF is now accepting applications. Small grant applications for up to \$5,000 (\$3,000 per school for multi-school grants) are due **October 17th**. New this year, large grant papers (up to \$15,000) will be due in January. The NEF continues to offer two additional options to ease the small grant application process: (1) **Express Grants** allow applicants to apply for a program already funded by NEF at another school; (2)

Multi-School Grants allow schools to apply together without the constraints of the small grant funding limit. Any Needham Public School educator, administrator or community member — including students and parents — is eligible to apply. To see what the NEF has funded in the past and to apply online, please visit <http://www.nefneedham.org/>.

MEDIA CENTER

The Hillside Media Center needs volunteers during your child(ren)'s class this year. We are particularly in need of volunteers for Kindergarten and 1st grade.

We are asking parents to volunteer for a "shift" at least 2x per month. If you can only commit to 1x per month, please let us know and we will place you where there is availability. We are striving for 2 volunteers for each shift, so invite friends, grandparents, too.

To sign up for a Media slot:

1. Find your child's class slot on the attached Media Schedule
2. Review the chart 'A-B-C-D Weeks' that includes the calendar dates, and decide which weeks are best for you. We encourage volunteers to sign up for 2x per month, but you may choose more or fewer weeks.
3. Email hillsidemediavolunteer@gmail.com with the following information:

- a. Your full name and preferred email*
 - b. Class in which you would like to volunteer (grade level, teacher's name, e.g., "2T")
 - c. Which weeks you would like to volunteer—A, B, C, D
- *At times when you are unable to make your shift, you will email all media volunteers to look for a substitute. We will share your email with media volunteers only.



I will soon be starting the annual school health screenings for hearing, vision, postural, and height, weight and BMI measurements that are required by the Massachusetts Department of Public Health.

Screenings are as follows:

- Vision- all grades
- Hearing-Kindergarten through Grade 3
- BMI- Grades 1 & 4
- Postural-Grade 5

Please be assured that each student will be weighed and measured privately, and the information obtained will be shared only with the individual student. We will be emphasizing the privacy of this information, respect for individual differences and the importance of incorporating healthy eating and regular exercise to enhance normal growth and development.

Fifth grade classes will be notified several days prior to postural screening as girls may want to bring in or wear a tank top or sports bra on their postural screening day.

Parents/guardians will be notified, if their child requires further evaluation based on the results of these screenings. If you have any questions regarding the screenings, or any new health information to share about your child, please notify me. If you wish to opt out of any of these screenings, please inform me of this in writing.

Debbie Greiff R.N. MEd
Health Office
Hillside Elementary School
781-455-0461 X-228

Request for Nominations of Adults Who Have Supported Youth and Families

Needham Youth & Family Services is now accepting nominations for the Patrick C. Forde Good Person Memorial Award. This award is designed to recognize a Needham adult who helps make the community a better place for youth and families through his/her volunteer work. The award is recognition that through volunteerism and caring, each person in the community is able to enhance Needham. Nominations will be accepted until October 28, 2017 and a nomination form and additional information can be found at www.needhamma.gov/youth/fordeaward. For more information or to nominate a person, please contact Maria Papantoniou at 781-455-7500 x267, email Maria at mpapantoniou@needhamma.gov

Have you met a youth who exemplifies service to the Needham community and/or is a role model for his/her peers? **Needham Youth & Family Services** sponsors a program entitled **RAY of Hope (Recognize A Youth)**. The RAY of Hope is awarded monthly to a young person who has distinguished himself/herself through service in the community or who has acted as an outstanding role model for his/her peers. You can learn more about this program at www.needhamma.gov/youth/ray. Would you like to recognize this youth for his/her accomplishments? It only takes a moment to nominate a deserving young person at <http://www.needhamma.gov/DocumentCenter/Home/View/2518>. Please contact Maria Papantoniou at Phone: 781-455-7500 x267, Fax: 781-453-2522 or Email: mpapantoniou@needhamma.gov

Pack 8 Needham Cub Scouts invites 1st grade boys to visit us at our Tiger den meeting on Tuesday, Sept. 26th at 6:30pm at Grace Lutheran Church, 543 Greendale Ave. For information about den meetings for boys in grades K and 2 through 5, email membership.pack08@gmail.com.

Visit pack8needham.org for more information about Pack 8.

Join Needham Historical Society and The Kids Place for an afternoon of art for a cause. This Early Release Day Fundraiser on 9/26 will benefit the Society's 2017 Annual Fund. For more information please contact Suzanne Baker at baker@needhamhistory.org or register here <https://www.kidsplace4fun.com/workshops>.

The **Child Assault Prevention Program (CAP)** is seeking volunteers for the 2017-2018 school year to teach children to protect themselves from verbal, physical and sexual assault. Applications are now being accepted for the training that begins on October 29th. For more information and an application, please contact Caren Nemptow, Director, at cnemptow@needhamcommunitycouncil.org or visit our website at www.needhamcommunitycouncil.org



The Needham Free Public Library Children's Department is launching a Girls Who Code Club. The Club will meet each week on Thursday evenings from 6:00 - 8:00 pm and is for girls in Grades 5 and up. Girls must provide their own computer; we will provide everything else. Work together to learn to code, create a web page, do group coding projects and have fun! Participants must register and attend each session. Sessions not held on holidays. To register visit the Children's Desk or call 781-455-7559.

The STEAM Powered Creation Station (STEAM Station) is a Science, Technology, Engineering, Art and Math-maker space for children ages 6 and up located in the Children's Craft Room. Children can drop-in to learn computer coding with Dot and Dash robots or a LEGO Mindstorm EV3 robot, Makey Makey kits or a Raspberry Pi computer. They can create structures with a number of engineering kits, electrify their play dough with Squishy Circuits, use Lil Bits electronics and more. The STEAM Station is open after school on week days from 3:30-8:30 on Mondays-Thursdays; 3:30 -5:00 on Fridays; 9:00-4:30 on Saturdays and 1:00-6:30 on Sundays.

A professional Yoga instructor will lead children ages 5-9 years old in a one-hour yoga session on Saturday, September 23rd at 10:30 am in the Community Room.

The Bookventurers Book Club is for children in Grades 3-5 and meets monthly. Get a copy of this month's book - *James and the Giant Peach* by Roald Dahl. This book was chosen for

Banned Book Week. Come discuss the book and find out why some people thought you shouldn't be able to read it. The meeting includes related activities and some snacks. Saturday, September 23rd at 3:15 pm.

Create an E-Sewing Project with the RI Computer Museum on Monday, September 25th at 3:30 pm. E-Sewing stands for electronic sewing. Use fabrics and threads that conduct electricity along with LEDs to design clothing that lights up with your own fun designs! Once you learn how to e-sew, stop by the STEAM Station in the Children's Craft room anytime to create more e-sewing projects. This program is sponsored by a LSTA Grant administered on the federal level by the Institute of Museum and Library Services and in MA by the MBLC

Make a bubble rocket at a Maker-Space Workshop on Tuesday, September 26th at 4:00 pm. Children ages 6 years and up are welcome to drop-in, but space is limited to the first 30 participants. The library will be offering Maker-Space programs twice a month on Tuesday afternoons in the STEAM Station through December.

Children ages 6 and up are invited to come create a variety of fall crafts to take home on Wednesday, September 27th at 3:30 pm.

Friends of the Library will host a **Book Sale** at the Needham Free Public Library on Saturday, October 14 from 9:00 a.m. to 4:00 p.m. and Sunday, October 15 from 1:00 to 4:00 p.m. Sunday is Bargain Day. Information at 781-455-7559 or friendsneedhamlibrary.org.

Pack 8 Needham Cub Scouts 1st Grade Meeting

Pack 8 Needham Cub Scouts invites 1st grade boys to visit us at our Tiger den meeting on Tuesday, Sept. 26th at 6:30pm at Grace Lutheran Church, 543 Greendale Ave. For information about den meetings for boys in grades K and 2 through 5, email membership.pack08@gmail.com. Visit pack8needham.org for more information about Pack 8.

Join Needham Historical Society and The Kids Place for an afternoon of art for a cause. This Early Release Day Fundraiser on 9/26 will benefit the Society's 2017 Annual Fund. For more information please contact Suzanne Baker at baker@needhamhistory.org or register here <https://www.kidsplace4fun.com/workshops>

MON	TUES	WED	THU	FRI
8.45-9.25 5R	8.45-9.25 2W	8.45-9.25 5M	8.45-9.25 KM	
9.30-10.10 5G	9.30-10.10 2H	9.30-10.10 1T	9.30-10.10 KD	9.30-10.10 4K
	10.15-10.55 2G	10.15-10.55 1D	10.15-10.55 4M/S	
	11.00 -11.40 2D	10.55 -11.35 1A	11-11.40 4F	11-11.40 1C
		12.30-1.10 3Sh	12.30-1.10 KM	
		1.10-1.50 3Sa	1.10-1.50 KD	1.10 -1.50 3D
1.55-2.35 4H				1.55 - 2.35 5F

Key				
Kindergarten	KM - Micelli		3rd Grade	3Sh - Shea
	KD - De Maria			3Sa - Santinello
1st Grade	1T - Taratino			3D - Daoust
	1D - Dangelo		4th Grade	4H - Hsu
	1A - Audibert			4M/S - Mangan/ Strakosch
	1C - Cohen			4F - Fuller
2nd Grade	2W - Watts			4K - Katz
	2H - Hackett		5th Grade	5R - Roberts
	2G - Goneconto			5G - Geary
	2D - Dummett			5M - Miller
				5F - Franks



**Hillside PTC Fall Box Tops Contest
October 2 - 13, 2017**

The contest starts October 2. The class that submits the most unexpired Box Tops will win a popsicle party! Contest ends October 13, so **START CLIPPING!**



Needham Special Education
Parent Advisory Council

EDUCATIONAL PRESENTATION

Needham's Special Education Services and Programs

Please join us for an overview of what Needham has to offer students with all types of needs at all of our schools, from preschool through age 22.

This is an opportunity to meet all of the Special Education Directors, and to learn about what will be new this year.

Wednesday, October 4

7:00 pm - Refreshments

7:30 pm - Program begins

Broadmeadow School Media Center

120 Broadmeadow Road, Needham

EDUCATION • INPUT • NETWORKING • NeedhamSEPAC.org



Below are the Walk/Bike to School Days! On Walk/Bike to School Day, the class that has the most students that rode/walked to school will win the famed (and highly coveted!) Golden Sneaker award!

Tuesday, September 12th : *The Back to School Stride*

Wednesday, October 4th (Rain date Oct. 5th) : *International Walk to School Day*

Thursday, November 2nd : *The Autumn Amble*

Friday, December 8th : *The Winter Walk*

Tuesday, January 9th : *The Polar Bear Prowl*

Thursday, February 8th : *The Chilly Charge*

Friday, March 9th : *The March March*

Tuesday, April 3rd : *The Spring Saunter*

TBD : *Massachusetts Walk to School Day*

Wednesday, May 9th : *National Bike To School Day*

Friday, June 1st : *Summer Stroll*





Hillside Elementary School PTC

Halloween Trick or Trot 5K Run/Walk & Monster Fun Run

Sunday, October 29, 2017
Hillside Elementary School
28 Glen Gary Road, Needham, MA

REGISTRATION FORM

Please complete one form per participant.
You can also register online at: trickortrotneedham.racewire.com

Fees: \$25 for 5K run/walk, \$10 for fun run (for those registered by Friday, October 27, 2017); Race day registration will be \$35 for 5K and \$15 for fun run. All 5K entrants ages 12 years and under receive free entry into fun run. *Please note:* online & race day credit card registrations are subject to a convenience fee.

Waiver of Liability: I know and understand that running is a potentially hazardous activity. I should not enter or run/walk this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all of the risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity or severe cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Hillside Elementary School, Hillside Elementary School Parent Teacher Council and associated members, Town of Needham and all associated/affiliated departments (including the Needham Public School system), and all sponsors, their representative and successors for all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. The undersigned further grants full permission to Hillside Elementary School Parent Teacher Council, and/or agents authorized by them, to use any photographs, videotapes, motion picture, recording or any other record of this event for any purpose. I understand that all event fees are non-refundable.

Select event: 5K Run/Walk Monster Fun Run

Participant Name: _____ **Gender:** Female Male

Date of Birth (MM/DD/YYYY): ____/____/____ **Age (Race Day):** _____

Address: _____ **Phone:** _____

E-mail (primary contact): _____

Signature of Runner: _____

Signature of Legal Guardian: _____
(if runner under age 18 yrs on 10/29/2017)

Emergency contact: _____ **Phone:** _____

Payment Method:

- Cash
 Check (please make checks payable to Hillside PTC).

Thank you for taking the time to support the Hillside Elementary School community. A confirmation of your registration will be provided as soon as we have logged in your information.

Send this form and payment to:
Hillside Elementary School, Trick or Trot, Attn: Seema Meloni • 28 Glen Gary Rd • Needham, MA 02494
Questions? E-mail hillsideeedhamptc@gmail.com.
Website: hillside5k.wordpress.com