Guidelines For: The BOB LEETCH "Today belongs to me-Carpe Diem" Scholarship Award,

The scholarship award will be given to a deserving senior who is...

1) College-bound

2) Has a minimum overall 3.5 GPA

3) Has been with RUHS running program 3 years or longer

4) The athlete must submit a written essay of 500 words that best exemplifies a day or moment when they competed in

the running program at RUHS that reflects and honors the team's motto and following sentiment:

"For you who oppose me, I have a message. Not today. Today is not your day.

My mind is strong and my body is prepared. I will feel no pain and I will go the distance. I respect your ability,

your dedication and your preparation. Still, it is not your day.

Today belongs to me. Carpe Diem"

5) NEW DEADLINE for all entries is June 2nd 2010

6) The Scholarship Winner will be awarded at this year's banquet on June 13th 2010

The student's essay must stay on subject and relate to the sentiment above and fulfill the requirements above. The winning scholarship will be picked by a small committee of people, including the head coach. This award is not intended to go towards the best athlete or the MVP (but it can be if they have the winning essay). It will go towards the student who can best communicate how much this program has impacted their life in a positive way, whether it's overall, at a specific moment in their lives or at any given race in which they pushed themselves and gave their best to whatever scenario they want to include in their essay.

Seniors: You can submit your 500 word essays with a copy of a recent transcript that shows a minimum overall 3.5 GPA

1) By email to Laurie.Baker@century21.com

2) Mail TO: Laurie Baker

610 Carnelian ST.

Redondo Beach 90277