



## CGES FALL RUN CLUB

Registration is now open for the fall 2012 session of the College Gardens Elementary School Run Club! Participants will have the option to train and participate in either a 1 mile race or 5K (3 mile) race in November.

Led by CGES parent volunteers and experienced runners, Julie Sapper and Jen Green, the eight-week club will provide a safe and fun running program in which participants will learn about running fundamentals, goal-setting, and healthy eating habits. Participants will have the option to train and participate in either a 1 mile race or 5K (3 mile) race in November

Run Club will begin the week of September 17<sup>th</sup>, 2012 and end the week of October 29<sup>th</sup> (seven weeks). Please note the dates and times for the following grades:

**Second and Third Graders:**                      **Mondays 3:30-4:30 (first practice 9/17)**

**Fourth and Fifth Graders:**                      **Fridays 3:30-4:30 (first practice (9/21))**

Runs will take place at College Gardens Park. Participants must wear appropriate sneakers and bring a water bottle to participate. A healthy snack will be provided at each session. In the event of inclement weather, Run Club will be cancelled.

Due to the overwhelming response last year, participation in Run Club is based on a lottery system, and participants will be informed of their selection by Thursday, September 13, 2012. Please use a separate form for each child.

Email or call Julie Sapper with questions at [jegossma@hotmail.com](mailto:jegossma@hotmail.com) or 202-256-0169.

Parent volunteers are welcome, too! Thank you!

**CGES After-School Run Club  
Fall 2012 Registration Form**

Child's name: \_\_\_\_\_

Child's grade and teacher: \_\_\_\_\_

Parent's name: \_\_\_\_\_

Parent's day time phone number and cell phone number:

\_\_\_\_\_

Parent's email address: \_\_\_\_\_

Emergency contact name/number: \_\_\_\_\_

The following person can help at a Run Club session(s):

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

Please return this completed form, along with a check made payable to CGES PTA (no cash, please), by Friday, September 7th. The fee is \$20 per child.