

# CGES SPRING RUN CLUB

Registration is now open for the spring 2013 session of the College Gardens Elementary School Run Club! Participants will train and participate in the Kids on the Run event on Saturday, May 11<sup>th</sup> at Bohrer Park. Throughout the program, participants will log 25 miles, and race the final 1.2 miles to complete the Kids on the Run “Kids Marathon.”  
(<http://www.mcrrc.org/races/KidsOnTheRun/>)

Led by CGES parents and experienced runners, Julie Sapper (RRCA Certified Running Coach) and Jen Green, the club will provide a safe and fun running program in which participants will learn about running fundamentals, goal-setting, and healthy eating habits.

Run Club will begin the week of March 11<sup>th</sup>, 2013 and end the week of May 6<sup>th</sup> (no practice during spring break) and concluding with race day on Saturday, May 11<sup>th</sup>. Please note the dates and times for the following grades:

**Second and Third Graders: Mondays 3:30-4:30** (first practice 3/11)  
**Fourth and Fifth Graders: Fridays 3:30-4:30** (first practice (3/15)  
**All Participants: Race Day: Saturday, May 11<sup>th</sup> at 8:30 am**

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 season, participation in Run Club is limited to 30 kids per session (60 kids total), and selection is based on a random lottery system. Please turn in all forms to your child’s teacher by Friday, March 1<sup>st</sup>. Participants will be informed of their selection by Wednesday, March 6, 2013.

Please use a separate form for each child.

Questions? Email Julie Sapper at [jegossma@hotmail.com](mailto:jegossma@hotmail.com). Parent volunteers are welcome.

# College Gardens Run Club

## Permission & Waiver Form

I, \_\_\_\_\_ give my child,  
\_\_\_\_\_  
\_\_\_\_\_ (please print legibly)  
permission to participate in the College Gardens Run Club.

I hereby verify that \_\_\_\_\_ (*child's name*) is physically fit for athletic activity.

I understand that belonging to a running club is a potentially hazardous activity. I give my permission for my child to participate in the College Gardens Run Club practices and I assume all risks associated with these practices. Having read this waiver and knowing these facts, I on behalf of my child, waive and release the College Gardens Run Club, College Gardens Elementary School, and all organizers and volunteers, and any representatives from all claims or liabilities of any kind arising out of participation in this club.

I understand that if my child chooses to run in the Kids on the Run Race or any other races, I will need to be present with my child on race day.

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

Date: \_\_\_\_\_

Parent's signature: \_\_\_\_\_

Date: \_\_\_\_\_

Grade and Teacher: \_\_\_\_\_

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

In case of emergency contact:

Name: \_\_\_\_\_ Cell Phone number: ( ) \_\_\_\_ - \_\_\_\_

Name: \_\_\_\_\_ Cell Phone number: ( ) \_\_\_\_ - \_\_\_\_

Please return this completed form and waiver, along with a check made payable to CGES PTA (no cash, please), by **Friday, March 1st**. The fee is \$20 per child.