

## RUNNING CLUB

Running Club begins for this semester on Monday, August 28. If your child participated in this program last year, then you already know the routine. If you are new to our school or your child did not run last year read on, and then complete and return this form. **NOTE: EACH CHILD MUST SIGN UP ONCE EACH SCHOOL YEAR TO PARTICIPATE.** 1<sup>st</sup>-5<sup>th</sup> Graders only (1<sup>st</sup> grade will start in October)

Running Time: 7:15 – 7:40 a.m.

Place: Track in the back of the school

Person in charge: Coach Binkley

The Running Club will run every morning from August 28 – December 8 (weather permitting). Students arriving at school before 7:15 should stay in their car or on the bus. After the students are dismissed from the bus or released from their cars, they **MUST** go by their rooms to check in, leave their book bags, and do any morning procedures their teacher wishes. Then they may come outside to the track. Please remind your child that they will need to enter Running Club from the **4<sup>th</sup> grade hall.**

Propose: Running Club is designed to enhance our P. E. program and is offered to help children become more physically active by participating in a daily walking/running routine. It also seems to help a number of children who have extra energy that needs to be released before the school day starts.

Procedure: Students sign up for the club by returning the parent permission form at the bottom of this page. Once they are signed up for the club they are assigned a barcode and lanyard. They may come and run any day (or all days) that they choose. The students wear their lanyard out each day during running club. They are scanned for each lap. Totals are kept for incentives (i.e. certificates, pencils, t-shirts, trophies, etc.) Totals are also accumulated year after year. If your child ran in previous years his/her total number of laps is where they will begin. The track distance: 5.5 laps = 1 mile. (The barcodes and lanyards are to be kept at school. Students will not be assigned another if lost or misplaced.)

Cost: The cost will be **\$5.00** for each runner. This will help to pay for incentives and the Stridetrack computer program that is used to keep laps from year to year.

I look forward to seeing many more students participate this year. We had over 400 runners participating last year. If you have any questions, please call Coach Binkley at school (770-486-2734). **Your child may not run without the permission form.**

Thank you,  
Coach Binkley

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\_\_\_\_\_ has my permission to participate in the Running Club. He/she is physically able to walk/run for this period of time each morning.

Child's teacher \_\_\_\_\_ Grade \_\_\_\_\_ Parent Signature \_\_\_\_\_

**We can always use volunteers.** Join us any day. Please check in at the front office first (after the bells rings) and meet us on the track. If you would like to volunteer please complete the Volunteer Mandated Reporter Training located on the Peebles web site. Thank you

