

Fall Running Club

WHEN:

After school on Tuesdays and Thursdays 3:00-3:40. Meet in the gym. Parents must pick up at 3:40!

Sept 22nd – Oct 29th, to finish with a Pumpkin Dash with Eastlake High School (info to follow)

WHERE:

Students will run (or walk) 1/4 mile laps around the Mead campus.

NO RUNNING CLUB OCT. 13th and OCT 15th

Please be courteous of our volunteers. Students MUST be picked up on time!

Students will be running rain or shine!! Please pick up students early if they do not want to run in the rain.

We need, depend upon, and appreciate volunteers for this program. We have over 100 kids running each week. For their safety we need at least 6-8 volunteers to check in & check out the students. While the kids are running we need encouragers and card markers. This program can only be offered if we have strong volunteer support. If you have already signed up on the Mead PTSA website, THANK YOU, we will be contacting you soon. Otherwise, return form or volunteer online.

I am willing to volunteer. Please contact me.

Name _____

Email _____

On your mark, get set, go! Fall Running Club is about to begin. This program is open to all Mead students. It is free to join and a great way to encourage an active, healthy lifestyle. Join us for fun, exercise, fresh air, and good health habits! Each student will have a chance to earn TOE TOKENS as they complete milestones on their mileage cards! Laps will be tracked and parent volunteers will record miles each week.

Students MUST be picked up and SIGNED OUT BY 3:40

Contact: Mrs. Elston (Mead PE Teacher) aelston@lwsd.org or Emily Duguid (Parent-Chair) emilyduguid@hotmail.com

Sign up online or return this form via kid mail

Click the Enrichment Button on the meadptsa.org website; select Running Club, select your student and add the name & phone number to contact in case of emergency. If you want to sign up with the flyer please provide information below and return to school.

Yes, I would like to participate in the Fall Running Club!

Boy or Girl? (circle)

Name _____

Phone # where you can be reached during Running Club _____

Teacher _____ Grade (this will be their TEAM) _____

If you have other childcare arrangements for after Running Club, please indicate:

