



## Our Recess Day Giveaway will occur **MAY 24, 2018.**

Since 2013, Train OC Portable Obstacle Course has been providing obstacle course-based fitness programming and special events throughout Colorado. We're proud to have had the opportunity to share our love of obstacle course fitness with over 10,000 elementary and middle school students to date (our motto: **Learn the Skills, Find Your Strength, Conquer the Course**)

As we start our 5th year of service to the Colorado community, **we want to celebrate by congratulating your school for winning A FREE obstacle course recess day from Train OC thanks to your PE Teacher!**

**What is an obstacle course recess day?** TRAINOC will set up a 15 piece obstacle course for your students to run during their regularly scheduled recess period. This is a great opportunity for your students to experience one of the world's fastest growing sports, Obstacle Course Running. TRAINOC will provide a beginner's level obstacle course that is safe for all students. Our courses are designed so that students will maximize their time and experience completing obstacles and not just running.



**What does your family need to do to participating in this Recess Day?** Copy and paste the link below to sign a waiver for your child; even if you are unsure, whether or not your child will want to enjoy the fun. Better to have the waiver and not participate, rather than not have it submitted and not be able to join. On the day of the obstacle course your student, if a waiver has been submitted, will be given a wrist band admitting them into the course.

<https://trainoc.regfox.com/cherry-creek-academy>

Waiver link is now active and will remain open until Wednesday, May 24, 2018. Please have your waiver signed as soon as possible to allow TRAINOC staff and teachers time to have all wristbands and waivers accounted for prior to the event.

If you have any questions email: [krutz@cherrycreekacademy.org](mailto:krutz@cherrycreekacademy.org)