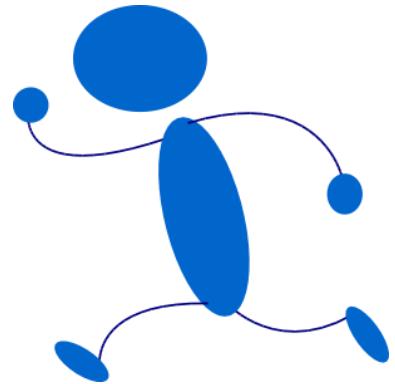


Do you like to run?  
Do you want to be healthy and have fun?  
Then the ***SCS Running Club*** is the place to be!



The **SCS Running Club** is open to all students in 3rd through 8<sup>th</sup> grades.

The club will meet in Mr. Martin's room on **Wednesdays** from 3:30 – 4:30. Don't worry if you can't make every meeting, but we want you to come as often as you can. All you need to join is a pair of athletic shoes and a \$10 registration fee to cover the cost of an SCS Running Club shirt to be worn while you run. Registration fee not required for previous members who still have their Running Club shirt from last year. Be sure to bring a water bottle too.

We will spend 15-20 minutes of every meeting discussing different aspects of running including nutrition, injury prevention, types of running, etc. and then go to the trail behind the school to run. Adult supervision will be provided while running.

So, if you are interested in strengthening your mind and body, while learning some techniques and strategies to stay safe and injury-free, then return the signed permission form below to Mr. Martin and get ready to run!

**The first meeting of the club will be Wednesday, October 4th.**

My child would like to participate in the running club.

Student Name: \_\_\_\_\_ Grade level: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

I would like to help volunteer and run with the group  Yes  No

Shirt Size:  Youth Medium  Youth Large  Adult Small

Adult Medium  Adult Large

Check Enclosed #

**Permission slip and money are due Friday, September 29**