

Little Runner LLC

Big Strides



At OLPH Catholic School

Calling all runners! Stay moving and join us for the Zoo Move and Groove 5K and 1 Mile Fun Run!! Each registration includes a day at the zoo, so runners can spend the whole day with the animals! So lace up your running shoes and join Coach Ewell in a training program that will take you all the way to the finish line!

During the training program, runners can expect:

- To practice proper stretching and running techniques
- To follow a training program and track progress
- To learn healthy nutrition and lifestyle choices
- To gain confidence and desire to achieve their goals
- To have fun!

The purpose of Little Runner is to promote a healthy lifestyle in the future athletes of tomorrow!

Little Runner Training Program

- Grades K -6th
- Thursdays 3:00-4:15 @ OLPH
- 9 Sessions: 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 3/29
- 8 Week at home training program included
- \$75 per runner *

***Register by 1/26 and pay only \$65 per runner!**

Runners can run for fun or join us at the following race!

****Race Dates****

3/10 Zoo Move and Groove 5K and 1 Mile Fun Run
<http://www.phoenixzoo.org/event-items/zoo-move-groove/>

***Fee does not include race registration. **Runners can participate in the training without signing up for a race.**

Name of Runner: _____ Date of Birth _____

Grade _____ Parent/Guardian Name: _____

Cell Phone# _____ Address: _____

City: _____ Zip: _____ Email: _____

Special Medical or Dietary Needs _____

check# _____ **Checks payable to Little Runner LLC**

Registration can be submitted to OLPH school office. Questions? Contact Coach Ewell: dewell@olphaz.org

General Release:

The undersigned participant and/or his/her guardian, in consideration for your school, Little Runner LLC for providing facilities, instruction, and supervision in the activity listed above does hereby:

1. Assume all risk of possible damage or injury involved through participation in the above noted activity.
2. Request permission to participate in the activity with full knowledge that said activity could result in damage or injury to me.
3. Agree to indemnify and hold harmless OLPH Catholic School, Little Runner LLC, employees, sub-contractors or agents from liability resulting from any participation in said activity.
4. I acknowledge that I have read and that I fully understand each and every one of these provisions in this release of liability and indemnification agreement and agree to abide by them.

Parent Signature: _____ Date: _____