

Little Runner LLC

Big Strides



At OLPH Catholic School

Calling all runners... Little Runner is back! It's time to lace up those running shoes and start running again! Join Coach Ewell in a training program that will take you all the way to the finish line!

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

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!

Little Runner Training Program

- Grades K -6th
- Thursdays 3:00-4:15 @ OLPH
- 9 Sessions: 10/25, 11/1, 11/15, 11/29, 12/6, 12/13, 12/20, 1/10, 1/17
- 12 Week at home training program included
- \$75 per runner *

Reserve your spot by 10/19 and pay only \$65 per runner

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

1/19 PF Chang's Kids Rock 1Mile Fun Run

Email Coach Deni Ewell at Deni@JTRunner.com to reserve your spot. Registration and payment will be collected on the first day or upon pick up. Please do not send to the office. Checks payable to Little Runner LLC / Credit card transactions are also available, as well as, online payments. Please contact Coach Ewell: Deni@JTRunner.com for more information.

*** 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 _____

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: _____

