

**Return this page
to your school
coach by
October 2, 2020.**

Marathon High Registration Form



Student Name _____

School _____ Grade _____

Male / Female (circle one) Shirt Size (circle one): Adult S, M, L, XL Returning MH member? Yes / No

PLEASE PRINT NEATLY HERE:

Parent Cell _____ Parent Email _____

Student Cell _____ Student Email _____

_____ I have joined the Marathon High Facebook page @MarathonHighFL (important for updates)

_____ Marathon High is a free program, but the average cost per student is \$175. Please include a donation to support this nonprofit program and help cover your student's costs if possible. Attach a check made out to "Marathon High" with your gift of: ____\$10 ____\$25 ____\$50 ____\$75 ____\$100

Student must attach a copy of recent physical exam:

Date of Most Recent Physical _____ Doctor _____

The undersigned is the parent or legal guardian of the student whose name is included in this registration. I know that running is a potentially hazardous activity. I know that the student should not run unless medically able. I agree to abide by any decision of the program director relative to the student's ability to safely complete the risks associated with training and running in this program including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or track, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, on my behalf and the student's behalf, I hereby waive and release the participating schools, Marathon High, Inc. and its officers, directors, agents, employees, leaders, sponsors, the program director and volunteer running group leaders, and the representatives and successors of all of the foregoing, from all claims or liabilities of any kind arising out of the student's participation in the Marathon High running program even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further authorize and empower the program director to consent to and authorize any medical care or treatment for the student that may appear reasonably necessary as a result of emergency, accident or illness of the student whether occurring before, during or after the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this running program for any legitimate purpose. The undersigned accepts this waiver and consents to the participation of the student in the Marathon High program.

(parent/guardian signature)

(date)

Questions? Email Deborah@MarathonHighFL.org or visit www.MarathonHighFL.org

Parent AND student must also sign the "contract" on the back. ----->

Marathon High Student & Parent Contract

- Training starts Saturday, October 13, and the half-marathon is February 14, 2021.
- Training runs are held two weekdays after school and early Saturday mornings
- Practice is held for 1 hour on weekdays and 1-3 hours on Saturday mornings for longer runs
- Students will start with a 2 mile run and gradually increase the distance each week.
- All runs are at a comfortable pace using the proven Galloway run/walk method
- The program is non-competitive so speed and competition will not be emphasized, but students must maintain a minimum 14-minute pace to continue.

PARENTS: Please initial each item:

_____ Students need to be at 90% of practices to stay on the team and qualify for the half-marathon.

_____ Parents should plan to volunteer with their team regularly throughout the season. This can include working a water station, donating water/Gatorade/healthy snacks, and helping to cheer students on. Your coaches can give you more details on exactly what they need.

_____ Parents need to ensure that their student is at practice 10 minutes early and is picked up on time. Check with your coaches to find out what time practice will be over (this will vary on Saturdays). Our coaches are all volunteers, so please do not keep them waiting when practice is over.

_____ Please thank your coaches and show them appreciation. They are giving up their free time after school and early Saturday mornings for your son/daughter.

_____ Parents should print our training schedule, post it on your refrigerator, and become familiar with what is happening each week. You may need to transport your student to races or carpool with others.

_____ Give accolades to your student. Running 5, 8, 10, 12 miles is a big accomplishment. Also, you should support them by encouraging healthy meals and adequate sleep during the season.

STUDENTS: Please initial each item:

_____ I will only miss a weekday practice for academic purposes. If I do miss one, I will make up my 45 minute run prior to the Saturday long run. I will also notify my coach prior to missing the practice.

_____ I will attend ALL Saturday practices. Being tired or having other plans is not an excuse to miss Saturday's long run. If I am unable to attend due to health reasons or circumstances beyond my control, I will notify my coach prior to missing the practice and make up the miles on my own.

_____ I understand that I must attend 90% of all practices to stay on the team and earn the right to participate in the 13.1 Donna Virtual Half-Marathon.

_____ I agree to stay in the pacing group my coach places me in and stay with my group at all times. I will be respectful and listen to the instructions of my coaches. I understand that my coaches are there to ensure that I am adequately trained for the half-marathon.

_____ I will only receive Marathon High items (shirts, hoodies, etc.) when/if my coach feels that I have reached the appropriate goals. I understand that if I quit, I will be required to return these items.

_____ I understand that no whining, complaining, or negativity is allowed. I understand that my coaches can remove me from the team for lack of attendance or bad attitude.

_____ **I will follow all of the social distancing protocols in place at my school at all times.**

Student Signature _____ Date _____

Parent Signature _____ Date _____