

Running Raider Marathon Club

The Running Raider Marathon Club is ready to start again! This is a running club for kids in K-4th grade. The program **is not** sponsored by the school district and there is no participation fee. Running Club participants will run a total distance equal to a marathon (26 miles) by the end of the season. We will meet together every **Tuesday, Wednesday, Thursday, and Friday** (when school is in session) at 7:35 AM at the Strawberry Hill walking trail. Each time we are together the kids will run a mile. When the students are finished with their run, they will be able to enter the building at 8:00. The final run will include a celebration with the parents and community invited to watch (weather permitting). Only runners who complete the marathon will receive an award.

Our goal is to make this a positive experience for every kid involved. We will be monitoring the kids, timing them on each session to show them that as the season progresses and they continue to work hard, their times become faster. We will also start teaching them the concepts of proper pacing, breathing habits and correct running form. Our main objective is to teach kids that being active can be fun and to increase self-confidence. No younger/older siblings will be allowed to participate.

If you have any questions please call or text Shannon Clark at (319) 540-6945, or Summer Michel at (515) 360-1903, samichel11213@gmail.com (you can also email completed forms here).

The first run will be Tuesday, March 24th. All runners **must register** with this signed waiver by **Thursday, March 12th**. They must have a signed waiver before they can participate. The forms can be turned into the Anamosa Elementary School office, or to Summer. We **MUST** have a working cell phone number and email. We will be communicating any cancellations and some updates through email. It is **YOUR** responsibility to let us know if your child has food allergies or asthma before the first run.

Participant's Name: _____
Grade in School: _____ Teacher: _____
Parent or Guardian's Name: _____
Email: _____
Emergency Contact: _____
Emergency Contact Phone Number: _____
Any known allergies or medical conditions _____

I give my permission for my child to participate in the Running Raiders Marathon Club and release the running club and its organizers from any responsibility for any injury that may occur.
By signing this I also say that my child is physically able to participate in said event.

(Parent to sign and date)