



HOLY CROSS WEDNESDAY MORNING RUNNER'S CLUB 2017

1. CLUB PURPOSE

- Fun, Friends and Fitness !
- Open to runners in grades 1 thru 6. Parents are welcome to join us ! Chart times and distance to measure individual progress
- Club Coordinator - Scott and Peggy Freeman ran the program last year. If you have any questions please feel free to contact me sf@keplingerfreeman.com or cell 440-4099. Cost for club is \$25 which includes a scarf or shirt or hat with running club logo (we vote on what we would like) and (healthy post run) snack. A weekly snack list will be developed after registration. I also could use a couple of volunteers to assist with supervision on the runs. Please send me an e-mail if interested.

2. RUN DAYS

- Wednesday mornings - September 20, 27 October 4, 11, 18, 25 November 1, and 8
 - Meet Holy Cross Cafeteria 7:25-7:30 am - Gather, stretch, talk about fitness
 - Cemetery Run - 7:30 - 7:55 am - Variable runs include hill, sprints and long runs.
 - Cool Down - 7:55 - 8:15 - Change clothes, hydrate/ healthy snacks and off to class
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REGISTRATION FORM

- RUNNER'S NAME: _____ GRADE: _____ AGE: _____
- PARENTS : _____
- MOM'S PHONE NUMBER: _____ DAD'S PHONE NUMBER: _____
- ALLERGIES or HEALTH CONCERNS: _____

MAKE \$25 CHECKS PAYABLE TO HOLY CROSS SCHOOL PTA and MAIL OR DROP OFF IN MAIN OFFICE.