



**Holy Cross School Wednesday Morning Run Club**

Love to run? Interested in running more? Come run with us!

Come join us this fall for Wednesday morning group runs for students in grades 2nd - 6th. We will meet at 7:30am in the cafeteria. Come dressed to run outside. We run in St. Mary's cemetery next to school. Running activities include hill runs, sprints, relay races and long runs. We take breaks as needed. After our runs we will return to the cafeteria for a snack. The downstairs bathrooms are available for changing into school clothes. Parents are welcome to run with us! Virtus certification required.

**When:** Wednesday mornings September 25th - November 13th \* weather permitting \*

**Time:** 7:30 am

**Location:** meet in the cafeteria

**Grades:** 2nd - 6th

**Cost:** \$30.00 (for snack, drink & t-shirt)

Please fill out the bottom portion of this form and return to school no later than Wednesday, September 18, 2019. Please include check made out to Holy Cross School PTA.

Questions, please contact Jolie Johnston - 315.263.7543 / joleswtj@gmail.com

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**Wednesday Morning Run Club**

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

T- shirt size \_\_\_\_\_

Parent contact name, number & email:

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Please list anything we should be aware of: allergies, medical conditions, dietary restrictions, etc.

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