

After-school Running Club 2024

4th-5th-6th Grade

Who: Any 4th, 5th, 6th grade students

When: Mondays/Wednesdays 2:50-3:40

Where: Grundy Playground and Idlewood Park

What: A great running club (\$15 Fee) to prep for the Pumpkin Festival Classic 2 Mile Fun Run

Let's run for fun! All Fourth, Fifth, and Sixth grade students are invited to join our annual **After-School Running Club!** Our mission is to get students motivated to exercise and live a healthy lifestyle. Students learn to encourage one another as well as be a part of a fun activity. We will train together two afternoons a week in order to run in the Pumpkin Classic 2 mile run on Saturday morning of Pumpkin Festival Week. The race will be held Saturday, September 14, 2023, at 7:00 a.m. in downtown Morton. We will send home more information on this event at a later date.

Students will need to have running shoes, comfortable clothing, \$15 fee, and a signed permission slip to participate. The \$15 fee will help cover t-shirt, water, and award costs. Please pay cash or make your check to Grundy Activity Fund.

If students are participating in the Fun Run, they will need to register and pay the \$30 fee (This is separate from our \$15) for this event online with the following website: <http://www.mortonpumpkinfestival.org/pumpkin-classic-run-and-walk>. Many times the race sells out, so please register early. We will send home more information at a later date in regards to where and when we will meet to run this race together!

The afternoon workout plan includes time to change if needed, stretching, walking and running, a cool down, and hydrating. Students will choose to run or combination walk and run the 2 mile route. **We understand that we will have students of all running abilities, but our expectation is that all students focus on improving their running skills.** We will track our time each week so that students can see their improvement throughout the course of the program. Transportation will not be provided, so please see that students are picked up by 3:40 p.m.

Schedule – 2:50 to 3:40 p.m. Meet on the playground

Wednesday, August 21st	First Meeting - Rules and walk the route
Monday, August 26th	First Run
Wednesday, August 28th	Practice Run
Monday, September 2nd	No Meeting - Labor Day
Wednesday, September 4th	Practice Run
Monday, September 9th	Practice Run
Wednesday, September 11th	Last Practice Run!
Saturday, September 14th	Pumpkin Festival Fun Run - Wear your Grundy shirts to show school spirit!
Monday, September 16th	Awards Day - Wear your race shirts!

Please feel free to contact us with any questions at the email address listed below. We can't wait to race with our Grundy runners!

Thank you,

Mrs. Manthey and Grundy Running Club Directors

holly.manthey@mcusd709.org

Grundy Running Club Waiver

I am aware that participating in the Grundy Running Club is strenuous physical activity, which is potentially hazardous. I am also aware and understand that I should not join the club, run or walk unless I am medically capable of such strenuous physical activity, free from any physical impairment that would medically limit my ability to safely engage in such an activity. I assume all risks associated with running and walking in this club, including but not limited to: injuries resulting from falls, missteps, dehydration, contact with other participants, the effects of the weather including high temperatures and/or humidity, conditions of the running surface, and all other circumstances inherent to outdoor recreational activities, all such risks being known and accepted by me. Having read this waiver and knowing these facts and in consideration of your acceptance of this entry, I expressly and voluntarily assume the full risk and legal liability and I hereby for myself, my heirs, executors, representatives, administrators, and anyone entitled to act on my behalf, waive any and all claims I may have against, and release the discharge of Morton School District 709, their officers, directors, teachers, employees, volunteers, and committee members, the Village of Morton, and any parent volunteers associated with the Grundy Running Club.

Student Name: _____ Homeroom: _____

Parent Name: _____ Date: _____

Parent Signature: _____ Parent Phone: _____

Parent Email: _____

Student T-Shirt Size: Youth S M L Adult S M L XL (Circle One)

**If there is any medical information/allergies we should be aware of, please include it on the back of this slip.

Please return this slip along with the \$15 fee in an envelope by **Tuesday, August 20th.**