

# Running Raider Marathon Club

The Running Raider Marathon Club is ready to start again! This is a running club for kids in grades kindergarten-4<sup>th</sup> grade. This is **not** sponsored by the school district and we **are not** looking to make any money. The program is set up so that those who participate will run a total distance equal to a marathon by the end of the season. We will meet together Mondays, Wednesdays, and Fridays 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, those students that eat breakfast may enter the building between 7:50-8:00. Other students will head towards the school around 8:00 to start their day. The final day will include a celebration with the parents and community invited to watch (weather permitting).

This is a free club, provided by a variety of community sponsors. Each enrolled runner will receive a t-shirt, an award (to those who accomplish the marathon), and a healthy snack after each run. **Only** runners who complete the marathon will receive an award.

Our hope 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.

If you have any questions please call, text, or email Nic Weers at (319) 400-4800 or [nweers@citizensbankia.com](mailto:nweers@citizensbankia.com), or Heather Weers at (319) 480-8684 or [hnweers62@yahoo.com](mailto:hnweers62@yahoo.com).

We will start Monday, March 25<sup>th</sup>. All runners **must** register with this signed waiver by Friday, March 15<sup>th</sup>. They must have a signed waiver before they can participate. The forms can be turned into the Strawberry Hill office. We **MUST** have a working cell phone number and/or email. We will be communicating cancelations and some updates through the RemindMe app, which we will enroll you in once we receive your registration. We will also be sending emails periodically.

*\*\*\* Due to time restrictions and limited opportunities for makeup runs, any child that misses 4 or more runs will not be able to complete the marathon. \*\*\**

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Participant's Name: \_\_\_\_\_  
Grade in School: \_\_\_\_\_ Teacher: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ T-Shirt Size: YS YM YL AS  
Email: \_\_\_\_\_  
Parent or Guardian's Name: \_\_\_\_\_  
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)