

Running Raider Marathon Club

The Running Raider Marathon Club is ready to start again! This is a running club for kids in grades kindergarten-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 Mondays, Wednesdays, and Fridays (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 daily run, kindergarten and 1st grade students will go over to Playground A to enter the building at 8:10 and 2nd-4th grade students will remain on the walking trail nearest Playground B until they can enter the building at 8:10. The final run 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. The coaches and volunteers are also volunteering their time and do not get paid. Each enrolled runner will receive a t-shirt, a trophy (to those who accomplish the marathon), and a healthy snack after each run. **Only runners who complete the marathon (all 26 miles) will receive a trophy.**

Our hope is to make this a positive experience for every kid involved. We will be timing the kids each session to show them as the season progresses and they continue to work hard, their times become faster. We will also start teaching 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 their self-confidence.

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

We will start Monday, March 13th. All runners **must** register with this signed waiver by **Wednesday, March 8th. WE WILL NOT ACCEPT LATE ENTRIES.** They must have a signed waiver before they can participate. The forms can be turned into the Strawberry Hill office, emailed to us or texted to us but we must receive the form by Wednesday, March 8th. 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 help enroll you in once we receive your registration. We will also be sending emails periodically. It is **YOUR** responsibility to let us know if your child has food allergies or asthma before the first run.

***** 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. *****

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)