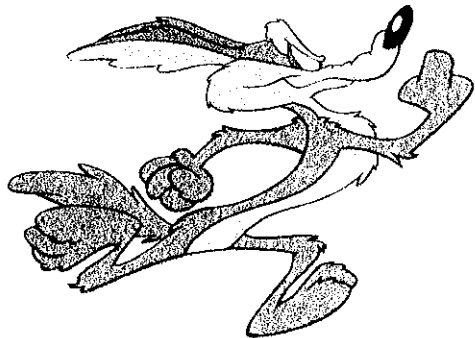


Crestmont Cruisers Running Club

REGISTRATION FORM



This is a free year-long program that encourages students to develop healthy fitness habits. The students will run or walk at their own pace around a course on the playground Tuesday and Thursday morning from 7:45am – 8:15am (weather permitting). Parent volunteers will track mileage. There is a built-in award schedule in which the cruisers can earn toe tokens and other awards.

Running Club will begin September 19th. If you can complete marathon distance (26.2 miles) by May, you will earn a Crestmont Cruisers Marathon T-shirt and an invitation to the Marathoners Breakfast!

Benefits of participation in a regular exercise program include:

- Help students burn off excess energy
- Improved health
- Improved academic performance
- Improved self-esteem and body image

YOU MUST HAVE PARENT PERMISSION TO PARTICIPATE IN THIS PROGRAM!

Student: _____ Grade: _____ Teacher: _____

Medical alerts/allergies: _____

T-Shirt size (please circle one): S (6-8) M (10-12) L (14-16) XL (18-20)

With my signature, I give permission for my child to participate in the Crestmont Cruisers Running Club.

Parent Name: _____ Parent Signature: _____

Phone: _____ Email address: _____

***All students will be given 1 running club chain for the school year. If they lose that chain your child can use a shoe lace or string. We will not give out additional chains.**

WE NEED PARENT VOLUNTEERS TO HELP MAKE THIS PROGRAM WORK!

If interested in any of these volunteer positions please mark the box. We will contact you.

_____ Tuesday morning (7:40am-8:15am) _____ Thursday morning (7:40am-8:15am)

_____ Running Club Donations _____ Marathoners Breakfast

Questions please contact Jessica Cranston at jcranstonez@yahoo.com

Thank you for supporting Crestmont Running Club! Go Coyotes!