

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 – 8:10am (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 February 3rd. Please return registration forms by Friday the 28th. Kindergarten participation requires a parent present. If you can complete a half marathon distance (13 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-8:10am) ____ Thursday morning (7:40am-8:15am)

____ Running Club Donations ____ Marathoners Breakfast

Questions please contact Michelle Fuller ml_fuller@yahoo.com

Thank you for supporting Crestmont Running Club! Go Coyotes!