



Fall Running Club

Register Online!!
<https://goo.gl/YD5PCr>



Fall cross-country running will begin on **Wednesday, Aug 30th**. We will be training for the North Anchorage XC Jamboree, which will be held on Wednesday, September 20th at Bartlett High, as well as the Rogers Park PTA Jog-a-Thon Fundraiser on Thursday, September 28th.

WHO: All students, though *kindergarten students are welcome to attend if they have a parent attending with them.*

DATES AND TIMES: Mondays and Wednesdays (Aug 30 – Sept 18), 3:30-4:30 p.m.

WHERE: Meet in the gym immediately after school.

Rules: **1)** Students must check-in and out every day. **2)** Students must stay with the group. They are not allowed to wander the halls or play on the playground. **3)** Students will treat all other students and adults with respect.

PTA Participation Fee – If your family feels they can afford it, there is a **\$10** Participation Fee for every student who participates in after-school activities. This money helps the PTA pay for winter ice-skating, academic enrichment, classroom grants to teachers, and many other wonderful benefits to our school. Cash or check (made out to Rogers Park PTA); or pay online -- <https://squareup.com/store/RogersParkPTA/> If you cannot pay, you are still welcome to participate.

Consequences for not following the rules will be as follows: 1st time - warning; 2nd time – one-week Suspension from Running Club; 3rd time - Expulsion from Running Club.

IMPORTANT INFO: All practices will be **outside** regardless of weather. Runners should dress in running shoes, jackets, and hats/gloves as needed.

Students **MUST** be picked up by **4:30 p.m.** If a student is picked up late more than one time they will no longer be able to participate in Running Club. No walking home permitted without written parental consent.

Parent volunteers are welcomed in order to make running club more successful – all abilities are welcome. Please consider volunteering for one or more days. If interested please mark the dates that you are available on the permission form or contact Mr. Elbow. Elbow_Benjamin@asdk12.org

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**FALL RUNNING CLUB
Permission Slip**

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STUDENT NAME: _____ GRADE: _____ TEACHER: _____

HOME PHONE: _____ Cell Phone: _____

Emergency Contact & Phone number: _____

ANY PERTINENT MEDICAL CONDITIONS (asthma, allergies, medications, etc.)

- My child has permission to walk home after practice.
- My child will be dismissed to afternoon Camp Fire. (Camp Fire staff asks these students to check-in at Camp Fire *before* coming to Running Club.
- Yes, I would like to be a parent volunteer coach.
 I will help on these dates:
 Monday: 9/11 9/18
 Wednesday: 8/30 9/6 9/13

Parent Volunteer Name: _____

I understand that running is a strenuous activity. I understand my child should not participate in this activity if s/he is not medically able. I agree to abide by any decision of the coach relative to my child's ability to safely complete the practices. I assume any and all risks associated with running in the event including but not limited to falls, contact with other participants, the effects of weather and the conditions of the gym. I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Rogers Park Elementary School, the Rogers Park PTA, the Anchorage School District, and their employees, volunteers or representatives for any injuries or damages of every kind, foreseen or unforeseen, known or unknown, that my child might receive as a result of participating in this activity. I also hereby consent to and permit emergency treatment for my child in the event of any injury or illness.

I understand that my student must be picked up by 4:30 p.m. If my child is not picked up by 4:30, the first time it's a warning; the 2nd time my child will no longer be able to attend Running Club.

- I included the \$10 PTA Participation Fee (checks made out to "Rogers Park PTA").
- I paid online <https://squareup.com/store/RogersParkPTA/> -- click on "Club Fee" (colorful handprints)
- No thanks.

PARENT'S SIGNATURE: _____ DATE: _____