

Hudsonville Running Club

It's that time again...Hudsonville Running Club is ready to start their training.

We are very excited about this! Running club is for all students who like to jog, are in the 3rd-5th grade and AGREE TO SIGN UP FOR THE EAGLE 5K on March 24. We will be training together and at home to run the race. Training at school will begin March 1. Running club will be held on Mondays and Thursdays from 3:40-4:30. At home training will also start in March. Any student that is interested should have their parents sign the parent permission slip and return it to their P.E. teacher no later than Feb. 21. After we receive your permission slip, we will send home your training packet!

Parents will be responsible for signing their child up for the Eagle 5K, which is held in Hudsonville. You must sign up ONLINE at www.hudsonville5k.com.

Parents will also be responsible for getting their child to the race and bringing them home. Any family member or relative can also sign up. The cost of the race is \$23 (12 and under) and \$30 for adults. This includes a race shirt if registered by March 14. All Running Club members will meet in the gym at 3:40 and will train until 4:30. Parents are asked to pick up their child/children no later than 4:30. If you have any questions, please feel free to call Mrs. Nienhuis or Mrs. VanKoevering at 797-9797 ext. 22422.

Parent Permission Form for Hudsonville Running Club

I give my permission for my son/daughter _____ to participate in the Hudsonville Running Club. I understand the vigorous nature of exercise involved in running and walking and training for a 3 mile race. By signing this form, I affirm that my child has no physical limitations that would prevent him/her from participating safely. I assume the risk of injury to my child in this event and give up any and all claims for damages I may have against Georgetown School, Hudsonville School and any others associated with this club.

Parent Signature _____

Home phone # _____ Cell Phone# _____

Email Address _____

Emergency Contact Name _____ Emergency Phone # _____

Grade _____ Classroom Teacher _____

Parents: _____ I will come into the entrance to get my child **AT 4:30!**

_____ I will agree to make sure that my child has a good pair of running shoes.

_____ I will agree to make sure my child will bring a healthy after school snack.

_____ **I will go online to www.hudsonville5k.com and sign my child up for the race, bring them to the race, and cheer them on!!**

Parent Signature: _____

_____ I would like to order my child a Hudsonville Running Club t-shirt for \$10.

Name printed on the back of the shirt _____

_____youth lg. _____adult small _____adult med. _____adult large

Please send check in with this slip payable to Hudsonville Public Schools by FEB. 21