

COMMUNITY SCHOOL RUNNING CLUB



This fall, Community School begins its fourth year of running club. Our founders, Renee Godard and Richard Amstutz, have handed the reins over to Michael Gettings, since their son has graduated and moved on to high school. We have some new parent volunteers this year, and to accommodate schedules for both our parent volunteers and many of our returning runners, we are moving running club to a new time.

The club will meet one afternoon a week, on Tuesday, from 3:30 to 4:30 P.M. The focus of the club will be to introduce running as a fun, healthy, and exciting life-long activity to individuals of all levels. This year, we will also focus on becoming better 5km runners.

The program will incorporate games, stretching, and of course running, using the Hollins University campus as well as our own. As a goal, we would like to enter one or more Roanoke area 5km (3.1 mile) runs as a club. These will most likely be the Jingle Bell 5km Run in mid-December, as well as possibly the Drumstick Dash 5 km Run on Thanksgiving Day, for those runners who are ready and available. In the spring, we will run in the Gallop for the Greenways, a 5 km run held in May.

The only cost for participants will be a \$10.00 snack fee and race entry fees. Parents must arrange for afterschool care if they are unable to pick-up their child promptly at 4:30PM. Our first meeting will be on September 20, 2011 on the basketball court. All members from last year will be given priority and total enrollment is limited to the first 25 individuals who submit a completed registration form. Every participant must be at least 8 years old. This year, we will also try to schedule several runs at Carvin's Cove and perhaps Loch Haven Lake and participants will be shuttled in privately owned vehicles, not Community School vans.

Items needed for participation:

- Good running shoes, shorts, and tee-shirt
- A small notebook and pen for keeping a journal
- A bottle of water (no sodas)
- A signed parent consent form for everyone under 18 years of age (see reverse)

Community School Running Club Registration & Guardian Release Form

Child's Name	Sex	Age	D.O.B.
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Parents/Guardian Information

Name	Home Phone Phone	Cell Phone
Home Address		
Person(s) or agency having legal custody of this child. (Required!)		
Home Address	Home Phone	Cell Phone
Two emergency contacts if parents cannot be reached (names & phone numbers required)		
1. Name of emergency contact (Required!)	1. Phone (Required!)	
2. Name of emergency contact (Required!)	2. Phone (Required!)	

1. The parent/guardian authorizes Community School to obtain immediate medical care if any emergency occurs when he/she cannot be located immediately.*
2. I agree to allow my child to participate in the Community School Running Club and fully relieve the school and the running club supervisors of any legal liability that may arise during this program.
3. I give permission for my child to travel away from Community School for the purpose of running at a different location. I realize that my child will be under the supervision of the adult members of the club and will travel in their privately owned vehicles.

Signature of Custodial Parent or Guardian

Date

*If there is an objection to seeking emergency medical care, a statement should be obtained from the parents or guardian that states their objection and the reason for their objection.