

# MARaThOn mOnStErs

## Marathon Monsters running club is back!

This year running club is for all ages (2-102). This **is not** sponsored by the school district, is completely volunteer run and the hope is to keep us all healthy. The program is set up so that those who participate will run a total distance equal to a marathon (or half-marathon for kindergartners) by the end of the season.

We meet M-W-F at the track at 7:40 AM.

PLEASE DON'T SEND SICK KIDS TO RUNNING CLUB.

Each time we are together the kids will run (or walk, or any combination of both) a mile (half mile for kindergartners and younger). At 8:05 they will head to school to start their day. If they need to eat breakfast at the school, send us written confirmation of this and we will send them that direction sooner than the others. The final day will include a 1.2 mile run to get the 26.2 miles of the marathon finished. (weather permitting)

The cost to join the club is \$55. This is to cover the cost of a hoodie and an occasional healthy snack for each participant. Our hope is to make this a positive experience for everyone involved. Mostly we want to teach kids that being active can be fun and make you feel better throughout your school day. Exercising as a group is always a lot more fun.

If you have any questions please call or email, Crystal Eskelsen **319-431-0867** or **crystalesk@msn.com**. We will start Friday, September 2 at 7:40. Please email registration and questions to **crystalesk@msn.com**. No contact payment like

Venmo is strongly encouraged @Crystal-Eskelsen.

Checks can be made out to Crystal Eskelsen.

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Monsters participant: \_\_\_\_\_  
Grade in school: \_\_\_\_\_ Teacher's name: \_\_\_\_\_  
Hoodie Size: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Parent or guardian's name: \_\_\_\_\_  
Emergency contact: \_\_\_\_\_

I give permission for my child to participate in the Mount Vernon Marathon Monsters running club and release the running club and its organizers from any responsibility for any injury that may occur. By signing this I also say that my child is physically able to participate in said event.

\_\_\_\_\_  
(parent sign and date)