

To: Any student interested in joining **Spring Running Club**

From: Mrs. Juergens and Mr. M. Walsh

Running club will begin Monday, March 19. Participants must dress in exercise clothes and supportive tennis shoes. School clothes (jeans, khakis, school shoes will not be permitted). We will meet Mondays and Wednesdays in the gym when walkers and car riders are dismissed. All participants will run/jog **at their own pace**. The courses range between .5 to 2.6 miles depending on the participant's ability level. The last day of running club is Wednesday, May 16.

Please Print

_____ (Homeroom teacher name)

I give my child _____ (first and last name) permission to participate in the **Spring Running Club** at Troy. I understand that he/she will be running on the sidewalks surrounding Troy.

My child will:

_____ be picked up promptly at 3:15

_____ walk or ride bike home at 3:15

_____ other please specify _____

_____ (PARENT SIGNATURE)