2015 Woodbury Running Club

Dear Parents & Guardians,

The Woodbury Running Club is getting ready for another season, and we're hoping that you and your fifth or sixth grader will be joining us! The emphasis will be on fitness and creating a positive attitude towards exercise. We are in the process of determining a culminating event – information will be forthcoming.

Practices will be held after school on **Tuesdays** and **Wednesdays**, beginning March 10, 2015. Late buses are available and will be leaving Woodbury at 4:00pm. Please take into consideration that if your child is part of after school tutoring, they must continue to attend these sessions on their scheduled days, as programs with an academic focus take priority over other extracurricular activities.

It is important to realize that we will practice outside in all weather, barring a thunderstorm. Because of this, your child will need to come to practice dressed accordingly. Clothes should account for both the temperature and any possible rain or snow. I also strongly encourage running shoes for any participants who plan on running. Cleveland Running Company, located at VanAken Plaza and Second Sole, located on Mayfield Rd., offer discounts on shoes to Running Club members.

The Woodbury Running Club is FREE. All that is required is effort and a signed permission slip. We realize that not all children are at the same level of fitness, and we will compensate for all abilities. Mr. Englander, Mr. Orosz and Mrs. Dang will be leading the club again this year. We can always use extra help, and we encourage as many parents as possible to volunteer to run or walk with us.

Please complete the permission slip and return to Mrs. Dang or to the office as soon as possible.

Thank you.

Mr. Englander, Mr. Orosz & Mrs. Dang

As the parent or guardian of (print clearly) _____,
I give permission for my child to participate in Woodbury Running Club.

Homeroom Teacher _____

Parent Name (print clearly)_____

Parent Signature_____

Phone Number _____

_____ I would like to volunteer to help out with Running Club by either walking or running with the children. _____ Tuesday_____ Wednesday