



# 2020 Woodbury Running Club



Starting March 31st

Tuesday & Thursday

## **Need to turn in permission slip to participate by March 20th**

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. The ultimate goal for students, should they choose, is to run the Cleveland Marathon's 10k on May 16.

Practices will be held after school on **Tuesdays and Thursdays**, beginning March 31, 2019. Late buses are available for students who normally ride a bus and will be leaving Woodbury at 4:00 p.m. 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. We also strongly encourage running shoes for any participants who plan on running. Cleveland Running Company, located on Lee Rd. in Cleveland Heights 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. Mrs. Lowe, Mrs. Hayward and Ms. Chumney will be leading the club 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 below and return it to school with your son/daughter by the deadline, Friday, March 20. Permission slips should be turned into Mrs. Lowe's mailbox in the office.**

Thank you.

Ms. Chumney, Mrs. Hayward, & Mrs. Lowe

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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.  
\_\_\_\_\_ Tuesdays \_\_\_\_\_ Thursdays