



Thursday Running Club

Sutterville Striders will offer afterschool Thursday runs.

We will do a few warm up drills, and then head off campus for an easy run. Over time, we build from a ½ mile run to perhaps 3 miles...with the right pacing, energy and form.

WHERE: Sutterville Elementary School field and beyond...

WHEN: Thursdays, 2:30-3:15 (October 12, 2017 – December 7, 2017)

AGES – 2nd thru 6th grade (1st grader with coach approval)

REQUIREMENTS – The ability to run a ½ mile without stopping, appropriate running shoes and clothes, a good attitude, focus and the desire to RUN!

GOAL– To build stamina and fitness through running; and enjoy it!

FEE – \$55.00 – No pro-rated fees.

**We will not meet for Running Club during SCUSD vacations, rainy days or Coach's conflicts. Make up run days will be held, if more than 1 Thursday is canceled.

***It is fine for runners to show up when they can, but please note, fitness and endurance builds upon consistency.

Runner's Name _____

Age _____

Parents/Guardian Name _____

Cell Phone _____ TEXT? Yes or No

Email Address _____

My child has my permission to join Thursday Running Club. I understand that all fitness activities have some risk associated with them, and I agree to allow my child to participate.

Parent initials _____

My child has no known health issues that would prevent or inhibit him/her from participating in running club.

Parent initials _____

I agree to let my child run outside of school boundaries.

Parent initials _____

I further understand that appropriate behavior is expected and, if my child is disruptive, he or she will not be allowed in Running Club.

Parent Initial _____

Parent/Guardian Signature or initials if emailing

Please note - Parents or guardians are welcome to run, or help me out. In fact, I encourage it!

***** Contact Jenny Hitchings, Runnerjen@surewest.net, for more information, or if you intend to sign-up.**

Waivers and payments can be emailed or mailed to:

**Jenny Hitchings
2733 10th Ave
Sacramento, CA 95818**