



**Calgary Board  
of Education**

**Copperfield School**

Dear Parents and Guardians,

Beginning Tuesday, June 5th the Grade 1-4 students will be invited to participate in a before school **Running Club** that will be effective the whole month of June, each Tuesday and Thursday morning at 7:45. As it is getting so very warm by mid-day, mornings are an ideal time for us to run. The **Running Club** will occur at *Wildflower Pond* - we will meet by the large pylon for attendance, warm up, and training, then run around it. It is 1km around the pond thus a perfect distance to begin with! Students will have the opportunity to learn how to interval train and set personal running goals.

What to bring:

- Running clothes and running shoes
- Jackets for chilly mornings
- Snack for after the runs
- Water bottle filled with water

We are hoping to have a representation of all grades. If we have too many students, we will be reaching out to our Parent Volunteer community to help us out. If you would like to volunteer, please send this form back in with the volunteer section filled out as well. You DO need clearance to volunteer.

I give permission for \_\_\_\_\_ from \_\_\_\_\_'s class to attend **Running Club**.

I would like to volunteer for running club:

Name \_\_\_\_\_ Email \_\_\_\_\_

Availability (circle one) Tuesday OR Thursday 7:45-8:05am

Please sign and return the forms to the office by Monday June 4<sup>th</sup>. Thank you!

Sincerely,

Mrs. Bredahl, Mrs. Depner, Mr. Quinn, Mr. Soulliere, & Ms. Thumm