

Dear Parents,

Beginning on Tuesday, May 2nd the Grade 1-4 students will be invited to participate in a before school and lunch running club that will run the whole month of May. They will have the opportunity to learn how to train for a race and then have the optional opportunity to participate in the Scotiabank Kids Marathon!

The running club will occur at 2 different times.

Tuesday (LUNCH) – before they eat

Thursday – 7:40-8:05am

It will happen over at Wildflower Pond and we will meet by the large pylon for attendance and training. It is 1km around the pond so a perfect distance to begin with!

What to bring:

* Running clothes and running shoes
* Jackets for chilly mornings
* Snack for after the morning 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 \_\_\_­­­\_\_\_\_\_\_\_ class to attend running club.

I would like to volunteer for running club:

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

Availability (circle one) Tuesday at 11:55-12:20 OR Thursday 7:40-8:05am

Our Grand Finale will be an optional participation in the Scotiabank Kids Marathon downtown Calgary on Sunday, May 29th at 9am. Head over to Scotiabank Marathon online and register if you would like to bring your child. This part is not supervised by the school; however, if you would like to register and bring your child, a few of us teachers will be there with our families sporting our Copperfield t-shirts! Attached is a tracking sheet if you would like to start tracking your child’s activity leading up to the race. We are counting exercise of many kinds as opposed to strictly running 42.2km.

Sincerely,

Mrs. Miller, Ms. Thumm, Ms. Sawchyn, Ms. Turner