



Chicod Running Club

This club is open to all interested girls and boys, grades 3 – 8. The goal of the Chicod Running Club is to provide a fun and supportive opportunity to be active and develop better fitness, self-discipline and a dedicated attitude. We will train to complete a 5k race, The Hornet Hustle, which will be held on Sunday, April 5th. The club will **start on Tuesday, February 4th, 2020 and end April 2, 2020.**

The cost of the club is **\$40.00. Please make checks payable to Chicod School and return the form and money to your child's homeroom teacher.** Money and registration forms are due by **Tuesday, February 4, 2020.** This price includes:

- Participation in the Chicod Running Club (and running club t-shirt *students who turn in money after February 4th will not be guaranteed a running club t-shirt)
- Registration fee and race t-shirt for the Hornet Hustle (***Ms. Justice will register all club members***).

Running club will meet for 45 minutes, twice a week. **(Tuesday and Thursdays from 3:00 – 3:45 p.m., pick up is expected by 4:00 p.m. in front of the cafeteria-please enter off HWY 43).**

Specific Information you should know:

- Students will need to bring athletic clothing including socks, running shoes, and a water bottle.
- Students will need to change clothes immediately after school and **report to the AIG room when dressed.**
- We will run outside, weather permitting. If we need to cancel due to weather, a decision will be made by 2:00 p.m. **Notification via text message (on the REMIND App → <https://www.remind.com/join/chicodrun>).**
- Students must be picked up promptly (no later than 4 p.m.). **Three late pick ups will result in dismissal from the club.**
- Parent support and encouragement is requested. Please feel free to join us for a run/walk.
- Parents are strongly encouraged to register and/or volunteer for the 5k race with our club!
- **Pick up your student in front of the cafeteria. **note this change from last year****
- Students must display appropriate school behaviors during practice or they will be dismissed from the club.
- **Students must be in attendance for at least half of the school day to attend a running club practice.**
- **As a member of the running club Ms. Justice will register them for the Hornet Hustle. If they are unable to attend that day (April 5th) please let her know.**
- For more information, contact Ms. Justice at justick@pitt.k12.nc.us

To join the club, fill out the form and attach the membership fee (checks made out to Chicod School). Have your student give this information to their homeroom teacher. Forms and fees are due by February 4, 2020.

**Chicod Running Club
Registration Slip**

Please fill in all information. Return this form with money to your homeroom teacher.

Student Name _____ Grade _____
Homeroom Teacher _____ Birthday __/__/____ Age _____
Parent Name _____
Parent Cell Phone _____ (this is where the REMIND notifications will be sent)
Parent email: _____

Please list below if anyone besides you will be picking up your child (along with their phone number):

Name: _____ Cell Phone _____
Name: _____ Cell Phone _____

****if your child goes to after school care at Chicod. Please send the staff a note letting them know the dates and times of running club.****

Running Club Participant T-Shirt Size:

Youth		Adult	
Small _____	Large _____	Small _____	Large _____
Medium _____	Extra Large _____	Medium _____	Extra Large _____
		Other: _____	

If you would like an additional shirt (\$10 each) please indicate below:

Additional Shirts (for parents and/or siblings)

Youth		Adult	
Small _____	Large _____	Small _____	Large _____
Medium _____	Extra Large _____	Medium _____	Extra Large _____
		Other: _____	

By signing this form, I state that I have read the Running Club information sheet and my student and I will follow all the rules and regulations regarding this activity. I agree to pick up my child on time from each practice. I understand that this is a physically active club and I agree to my student's participation in this club. I realize that running can be a hazardous activity, and that I and my heirs, executors, administrators, and assigns do hereby release the organizers, sponsors, all race personnel, Run The East, USATF, Community of Woodmore, University Church of God, Race Director, Chicod School, all sponsors, and volunteers and their affiliates and their respective employees and agents, from any claims, damages, or liabilities arising out of my participation in this athletic event. I understand that this release is valid notwithstanding any negligence on the part of those persons or entities named in this release. I understand that running can be a potentially hazardous condition, due to traffic, weather, and many other variables. I attest that I am aware of these risks, and that I am sufficiently trained and physically fit to participate in this event. I also give full permission to use any pictures or video clips taken of me during the event.

Parent Signature

****If you would like information
Hustle please contact Ms. Justice**



Date

**regarding sponsorship for the Hornet
(justick@pitt.k12.nc.us). ****