

## Come Join the Central Elementary Running Club!

ATTENTION **4<sup>th</sup> and 5<sup>th</sup>** GRADERS! Come have some fun before school by joining our run club! The Physical Education department would like to provide you with the opportunity to get together with friends and classmates to participate in some fun runs, running games and fitness activities. We will meet near **Gym Door "G" at 8:05am** every **Monday and Wednesday**. We will begin the running club on **Wednesday, August 23<sup>rd</sup>** and the club will run through **Wednesday, September 20<sup>th</sup>**. We will not have our running club on days school is not in attendance. Our goal is to provide your child with the opportunity to increase their physical fitness and endurance in a fun way while training for two **OPTIONAL** events. The first event is the **Team Nicholas I'm Possible 5k** (3.1 miles) on **September 10<sup>th</sup>**. The second event is the **Plainfield Harvest Fest 5k and 1 mile Kids Run** on **September 24<sup>th</sup>**. More information on each race and how to register can be found below by scanning the QR codes or by visiting each event's website.



**Team Nicholas I'm Possible 5K**  
[www.teamnicholas.org](http://www.teamnicholas.org)



**Plainfield Harvest Fest 5K/1 mile Kids Run**  
[www.plainfieldharvest5K.com](http://www.plainfieldharvest5K.com)

You may register for one or both of these events, we would love to see you there! **Please remember that registration for these events is the responsibility of each participant/parents. While Central Elementary staff may be present at the events, parents and guardians are responsible for supervising their child/children.** Don't forget to represent Central Elementary with pride by wearing your spirit wear!

To reserve a space in the Central Elementary Running Club, **return the permission slip below to your child's Physical Education teacher by Tuesday, August 22<sup>nd</sup>**. Please make sure your child has school appropriate **athletic attire and shoes**. We will be outside as much as possible, so please remember a water bottle to stay hydrated. If you have any questions or concerns, please do not hesitate to contact us. Thank you for your cooperation and we look forward to working with your child to achieve their fitness goals and have some fun!

Mrs. Porter  
[kporter@psd202.org](mailto:kporter@psd202.org)

Mr. Boersma  
[jboersma@psd202.org](mailto:jboersma@psd202.org)

Mr. Wood  
[mwood@psd202.org](mailto:mwood@psd202.org)

### 4<sup>th</sup> and 5<sup>th</sup> Grade Central Running Club!

Please return this **bottom portion** to your P.E. teacher by **Tuesday, August 22<sup>nd</sup>!**

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Homeroom Teacher

\_\_\_\_\_  
Parent or Guardian (Please Print)

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Parent or Guardian Telephone Number

YS YM YL AS AM AL AXL

Circle Shirt Size

(Free to students that complete the program)

