

# Come Join the Central Elementary Fall 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 outside near the **Gym Door G at 8:05 AM**. Please line up cars near the sidewalk of Door G, with the line wrapping around to the front of the school toward Door A. Please do not have students exit the car until an adult is present. We will begin the Run Club on **Wednesday, August 21<sup>st</sup>** and the club will run every Monday and Wednesday through **Wednesday, September 25<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 an **OPTIONAL** local running event. The **Plainfield Harvest Fest 5k and 1 mile Kids Run** on **Sunday, September 29<sup>th</sup>**. More information on the race and how to register can be found below by scanning the QR codes.



## Plainfield Harvest Fest 5K/1 mile Kids Run

[www.plainfieldharvest5K.com](http://www.plainfieldharvest5K.com)

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 20<sup>th</sup>**. Please make sure your child has school appropriate **athletic attire and shoes**. We may be in the grass during our activities, which can be wet with morning dew, so a change of socks or shoes is recommended. 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 this fall and again in spring to achieve their fitness goals and have fun!

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

Mrs. Crayton  
[Scrayton@psd202.org](mailto:Scrayton@psd202.org)

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

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

Please return to your P.E. teacher by **Tuesday, August 20<sup>th</sup>**!

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

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

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



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

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

YS YM YL AS AM AL AXL

Circle Shirt Size

(Free to students that earn the shirt by completing the program)