

Summer Running Club  
Cedar Wood Elementary



You have been working all year to get into great shape. Your legs and lungs and heart are healthy. Now, keep them that way! Come run with friends at Cedar Wood once a week.

From 9:00 – 10:00 a.m. every Wednesday throughout the summer our Summer Running Club will meet on our field, rain or shine. Here are the details:

- The club is open to any current, future or previous Cedar Wood student and his/her family
- Runners are encouraged to show up as many times as possible, from 1 to all 10!
- Runners will keep a record of the laps they run and log how they felt running each time
- Running Club is scheduled on the same days the Cedar Wood library is open, so you can run and then go check your books in and out for the next week, and tie your ribbons on our school fence.
- Students must have a completed Parent Permission Form on file before they may run
- Every runner must be accompanied by a responsible adult. Cedar Wood parents are welcome to “adopt” other Cedar Wood students, but each student participating must be under the responsibility of a pre-arranged Cedar Wood parent each week or they will not be permitted to take part.

Summer Running Club is made possible thanks to the volunteer spirit of our school’s PTA members and those Cedar Wood staff who have offered to be present each Wednesday.



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Detach and bring with you the first time you come to Running Club

Runner Permission Form  
(required for runners under 18)

First name \_\_\_\_\_ Last name \_\_\_\_\_ Grade just completed \_\_\_\_\_

Name of emergency contact available during club time: \_\_\_\_\_

Relationship to runner: \_\_\_\_\_

Contact phone #s: cell: \_\_\_\_\_ work: \_\_\_\_\_ home: \_\_\_\_\_

As the runner’s parent/guardian, I give permission for my child to participate in Summer Running Club. Either I will be present each time the club meets or I will arrange for another Cedar Wood parent to be responsible for my child when he/she attends Summer Running Club.

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
date