



Saint Elizabeth Ann Seton Running Club

Membership information

August 2009

2009-2010 Information:

Hello and welcome to our new and returning families of Saint Elizabeth Ann Seton! We are thrilled to lead the Running Club for what will be our 8th year. Our motto is "Fun, Fitness and Fellowship", and we mean just that. We meet every Tuesday after school to run laps. As we stretch, we will make announcements regarding upcoming events, and then run to earn the famous "shoe tokens" which go on the kids' shoes or backpacks. Water is always provided as well as a good dose of encouragement. Each 5 miles earns a toe token and we keep track of the runner's progress every week.

Attendance information:

Third graders and above are allowed to attend without a parent. Students in second grade or below must be accompanied by a parent or other adult guardian. We begin at 3:15 sharp and end at 4:15 sharp. If you are not there to pick up your child, they will be placed in Extended Day at your expense. If it is raining, we will not have running club due to slippery/muddy conditions. If it is questionable, please check your email or ren-web to verify a cancellation. We are scheduled to start on September 22nd. Please contact Mrs. Ullman at kullman@seascc.org if you have any questions or if you would like to volunteer to help in any way.

Service Hours Opportunity:

Students in grades 6-8 are encouraged to join Running Club! They also have a chance to earn Service Hours. Help is needed to fill water cups, stamp hands, lead warm-ups, and keep track of runner mileage. If your 6th-8th grader is interested, please have them see Mrs. Ullman to get a permission form.

Running Club Sign up form

Child's Name _____

Parent's Name _____

Home Phone _____

*Cell Phone _____

*E-mail _____

(Required, all communications will be sent via e-mail)

Cost: \$10 per runner

Release: I authorize my child (children) to participate in the running activities and hereby release Saint Elizabeth Ann Seton Catholic School, its employees, and the club organizers from any and all responsibilities due to injury and or illness that may occur as a result of this activity.

Parent Signature

Date

T-Shirt Order Form

Running Club T-Shirts are \$7 each (\$9.50 for AXXL). Note: These shirts can be worn on Spirit Fridays!

Oldest runner's name and Classroom _____

Sizes desired, please indicate number or each size:

YS _____ YM _____ YL _____

AS _____ AM _____ AL _____ AXL _____ AXXL _____

Total Payment:

Running Club Fee (\$10.00 per Child)

\$ _____

T-Shirts (\$7.00 each)

\$ _____

Total

\$ _____

Please make checks payable to SEAS

Return this form by Friday, September 11th, to the school office in an envelope marked "Running Club." **Running Club begins Tuesday, September 22nd.**