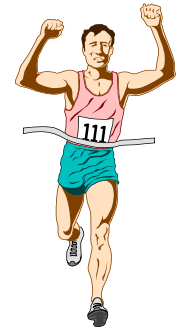


# Moore Middle School's Run Club

*The LION is inside.....*

- Advisor:** Mr. Perkins but you can also talk to Mrs. Astley, Ms. Jimenez, Mr. Martin or Mr. Land
- Contact:** If you would like more information contact the Run Club advisors via e-mail or by phone at (909) 307-5440. [mark\\_perkins@redlands.k12.ca.us](mailto:mark_perkins@redlands.k12.ca.us)
- What:** Run Club is a club that promotes running and cardiovascular fitness.
- Where:** There will be running activities both on and off campus throughout the year with distances ranging between 2 and 4 miles.
- When:** Practices will be held every Friday @ 7:00 am. The locker room will be open and practices will run approximately one hour.
- Why:** Running is a sport that has many crossover benefits into other sports. It is also a healthy lifetime activity that does not require membership to a gym or fitness center.
- Who:** Anyone who has a desire to be healthy and fit, set new goals for personal achievement, and is willing to put the time in for practice can join Run Club.
- Cost:** \*See break down below \$45 for club expenses (returning club members with a shirt in good condition don't need to pay for another T-shirt (*subtract -15*)). This donation will cover the cost of a T-shirt and registration for several races including Mt. Sac. Contact Mr. Perkins about scholarship opportunities.
- \*Case of water from each runner.
- Help:** Several teachers are involved with this activity; however we are always looking for parent volunteers. Please let the club advisors know if you have the time and desire to help! Donations, in order to help us with scholarships and hydrating snacks/drinks after a run, are also welcome.

Moore Middle School  
Run Club



**Registration and Calendar:**

Parents are responsible to get their child to all the races!

**For your Planning:**

Note: After the 1st race (8th grade girls races start every 10-15 min come early!)

**The last day to order a T-Shirt will be September 16**

1. Thurs. Oct. 6: Normal Day **Moore**: Start 3:45 pm
2. *Friday September 30th <sup>h</sup>\*\*\*\*Deadline to Register for Mt. Sac.\*\*\*\**
3. Fri. Oct. 14: Mt Sac. parent driven 11:45 am
4. Thurs. Oct. 27: Normal Day **Clement**: Start 2 pm
5. Thurs. Nov. 3: Normal Day **Cope**: Start 3:45 pm
6. Thurs. Nov. 10: Normal Day **Beattie**: Start 3:45 pm
7. Thurs. Dec. 8: Prospect Park Start 1:45 (Min. Day)

Note: I will be at all the races 20 minutes before the first race. Students should check in with me to get their sticker and get any last minute race information.

---

Parents are responsible to get their child to all the races here  
are directions to Mt. Sac.



E Citrus Ave



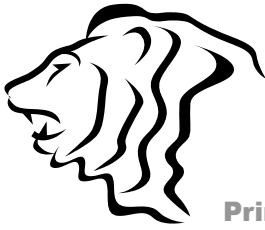
1. Head **west** on **E Citrus Ave** toward **S Lincoln St** 0.9 mi
2. Turn **right** at **N University St** 0.1 mi
3. Turn **left** to merge onto **I-10 W** 37.1 mi
4. Take exit **42** to merge onto **CA-57 S** toward **Santa Ana** 1.7 mi
5. Take exit **20** for **Temple Ave** 0.2 mi
6. Turn **right** at **W Temple Ave** 2.3 mi
7. Turn **right** at **Bonita Ave** 112 ft
7. Destination will be on the left



Mt San Antonio College  
1100 North Grand Avenue  
Walnut, CA 91789-1399

**Mt. Sac. Website**

<http://events.mtsac.edu/ccinvite/>



# Moore Run Club Permission Slip

Please fill out and return this form with club dues.

**Print Please!**

I \_\_\_\_\_, the parent/guardian of \_\_\_\_\_ give my permission to participate in the Cross Country Club at Moore Middle School. I have read the handout about the club. I understand that: 1) Parents are responsible for transportation to and from the races. **Dues include:** All local races, Mt. Sac., Medals, Ribbons, some water and shirt if necessary.

**The last day to order a T-Shirt will be September 16**

**Print Please!**

Grade:

Student: \_\_\_\_\_

6 7 8

T-Shirt Size (circle one) YM YL S M L XL  
*This years shirt will be a dryfit style shirt.*

Contact information:

Adult Name: \_\_\_\_\_

Parent Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Student Cell: \_\_\_\_\_

Student Email: \_\_\_\_\_

**Please read carefully there are 2 options for races!**

**Two big ways parents can help:**

- 1. All races + T-Shirt.....\$45
- 2. All Races NO T-Shirt.....\$30

1) Bring water and healthy snacks for 90 kids. I have space to store the items feel free to bring things right away!

Amount – Cash: \_\_\_\_\_ Check#: \_\_\_\_\_

2) Come and run with us on Friday mornings :)

**Friday September 30th<sup>h</sup> \* \* \* \* Deadline to Register for Mt. Sac. \* \* \* \***

Yes No Fri. Oct. 14: Mt Sac. parent driven 11:45 am