

# Moore Middle School's Run Club(Practice Only)

*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:** \*Case of water from each runner.
- (Option 1) \$15 T-shirt this will cover the cost of a T-shirt.
- (Option 2) \*FREE\* Use my PE clothing and participate.
- 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 Run Club Permission Slip

**Practice Only!!**

**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:

Parents are responsible for transportation to and from the races.

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

Grade:

6 7 8

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

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

**Print Please!**

**Contact information:**

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

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

**Student Cell:** \_\_\_\_\_ **Student Email:** \_\_\_\_\_

**Practice Only-It is fine to just run in your P.E. shirt!** **Two big ways parents can help:**

- |                                                                                                                                            |                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>1. (Not required)JUST the T-Shirt NO races..\$15</li> <li>2. Amount – Cash:_____ Check#:</li> </ol> | <ol style="list-style-type: none"> <li>1) Bring water and healthy snacks for 90 kids. I have space to store the items feel free to bring things right away!</li> <li>2) Come and run with us on Friday mornings :)</li> </ol> |
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