



2022-2023 Running Club

PLEASE HAVE YOUR CHILD RETURN THEIR RUNNING CLUB WAIVER TO THE PTA BOX IN THE FRONT OFFICE OR BRING DURING RUNNING CLUB, IF THEY WISH TO PARTICIPATE. THANK YOU - PTA

**Warm Up Run ~ Wednesday September 28
Official Running Club Kick-Off ~ Monday October 3
Monday ~ Wednesday ~ Friday
From 8:25 am to 8:45 am**

This is a great way for your child to start the day! Meet on the grass field on Governor Drive. Enter through the gate on Governor Drive where you will see one of our volunteers greeting you. Children will be released directly from the field to their classroom using the school's access gate.

Spreckels' Running Club Rules

Running Club is supported by the PTA and run by parent volunteers. Children may sign up at any time and are welcome to come and log laps on any of the days the club meets, loved ones are also encouraged to join in the walking/running fun. We ask that your child follow a few simple rules to help make the club fun and safe for everyone:

- ❖ Keep it fun, but no horse-play, rough-housing, throwing rocks/sticks/dirt, chasing, etc.
- ❖ Let's stay moving! You must run or walk at all times.
- ❖ Be fair: Go around the perimeter, no cutting, no running bases, etc.
- ❖ Keep track of your laps and let friends know how you did.
- ❖ Once on the field students MUST stay until the end of running club and the school gate opens

The undersigned parent and or guardian assumes all risks in connection with the student's participation in the PTA sponsored 2022-2023 Running Club. I hereby release and discharge the California State PTA, Spreckels' PTA, all of its PTA officers, directors, employees, volunteers and agents from liability for any injury to student in connection with participation in these activities.

I do hereby certify that to the best of my knowledge and belief said minor is in good health. In case of illness or accident permission is granted for emergency treatment to be administered. It is further understood and agreed that the undersigned will assume full responsibility for any such action, including payment of costs.

Child's Name: _____, in

(teacher / grade) _____ class has permission to participate in the 2022-2023 Spreckels Running Club.

Please initial

_____ I **AGREE** to have my child's first name and Letter of Last name posted to PTA's Leaderboard Website.

_____ I **DO NOT AGREE** to have my child's first name and Letter of Last name posted on the PTA's Leaderboard Website.

Parent Name: _____

Cell #: _____

Parent Signature: _____

Date: _____