



# 2024-2025 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 18, at 8:20 am**  
**Official Running Club Kick-Off ~ Monday, September 23**  
**Monday ~ Wednesday ~ Friday 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 classrooms using the school's access gate. **Please be sure students have already used the bathroom before arriving.**

## **Spreckels's 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 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 Running Club ends and the school gate opens.

**Running Club is completely volunteer-run, and any misbehavior or inability to follow the rules will result in said student being unable to participate. If you think your child may have problems following the rules, we ask that you supervise for the duration of Running Club.**

The undersigned parent and/or guardian assumes all risks in connection with the student's participation in the PTA-sponsored 2024-2025 Running Club. I hereby release and discharge the California State PTA, Spreckels's PTA, and all PTA officers, directors, employees, volunteers, and agents from liability for any injury to the 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: \_\_\_\_\_ identified as (circle) he / she / they, in

(teacher / grade) \_\_\_\_\_ class, has permission to participate in the 2024-2025 Spreckels Running Club.

Parent/Guardian Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_