



It's time for Runners Club!

Please sign up now to start running with us on Oct. 6th.

Why ~ Nearly 20% of American children are obese. It is believed by many experts that a person's fitness level in childhood influences their health as an adult.

When ~ Wednesdays after school, we will meet in the gym to warm up and then go to the track to run, finishing by 3:30. The program runs from October through April, weather permitting.

Who ~ Everyone is welcome (including younger siblings), and parents are encouraged to help. This is a quick and easy volunteer shift and a great way to support your child's physical fitness!

PLEASE CONTACT COURTNEY@STARLIGHTSYSTEMS.COM WITH ANY QUESTIONS, OR VISIT [HTTP://CANYONCREEKPTA.COM/ENRICHMENT.HTM#RUNNERSCLUB](http://CANYONCREEKPTA.COM/ENRICHMENT.HTM#RUNNERSCLUB).

PLEASE RETURN THIS PORTION OF THE RUNNERS CLUB SIGN-UP SHEET TO YOUR CHILD'S TEACHER.

Parent's Name: _____ Phone: _____

Parent's Email Address: _____

PLEASE ADD ME TO THE EMAIL LIST FOR VOLUNTEERS.

Emergency Contact Name: _____ Phone: _____

My child(ren) below are joining the Runners Club:

Last Name	First Name	After-Care*	Grade	Teacher

***AFTER-CARE** – PLEASE ENTER **H** (HOLD FOR PICK-UP), **Y** (RETURN TO YMCA), OR **R** (RELEASE ON HIS/HER OWN TO WALK HOME OR TO PICK-UP LOCATION).