

Love 2 Run Permission Form for Grades 3-5

Dear Parents,

Luv2Run is an after school running club at no cost to you. The purpose of this club is to train young runners on how to prepare for a community race.

This year we are kicking off with a quick workout and introduction activity with students from 3:15-3:45 and then a parent meeting from 3:45-4:00 on Tuesday April 1st. We will discuss attire, expectations, and pacing. We will also offer a question answer session after the meeting. **Practices will be held on Tuesdays and Thursdays after school 3:15-4:00 rain or shine. The final meeting day of Luv 2 Run will be on Tuesday May 13th.** Our club does leave school property and will be running on the streets of Ashwaubenon. We utilize sidewalks as much as possible.

Students have the option to participate in the Bellin 5k or 10K on Saturday June 14th. Students and families will get a discounted rate of \$20 (includes t-shirt & race bib) if their child participates in Luv2Run.

Parents are encouraged to train with us. If you would like to assist, we can always use crossing guards or adult runners to help ensure the safety of our students. Thank you in advance for your help.

If you have any questions, please email or call:
Kameron Kryzanski kkryzanski@ashwaubenonk12.org 920-492-2340 ext. 3360
Miranda Check

_____ has my permission to train on the streets in Ashwaubenon, with the Valley View coaches for the Cellcom Luv2Run program.

Grade: _____ Classroom teacher _____

In case of emergency, I can be reached at (phone number): _____

Medical Conditions we should be aware of: _____

Will you be able to assist with training? _____

Parent Signature