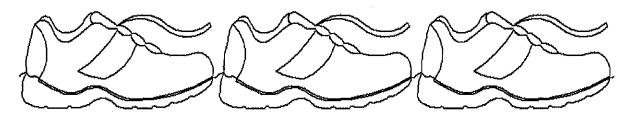
Pioneer Running Club Information



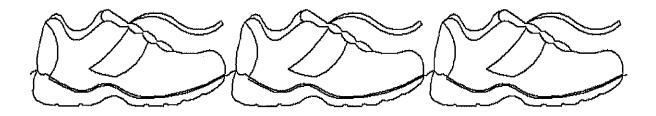
Pioneer Running Club is for 3rd, 4th, and 5th grade students interested in running. This club is to motivate kids to be healthy and active. This packet of information is for runners interested in running for fun or training for the Bellin Run 5K or 10K race. Please make sure all parents and guardians of the runner are aware of the risks of joining running club by signing the waiver. We run on the streets around Pioneer, which requires runners to be responsible while off campus. Please note we do not run the race as a club, your runner will have to find a running partner for the race. Each runner needs a waiver signed to join running club by April 8.

We also invite you to join us on Tuesdays and Thursdays starting April 8 after school and become an active role model for the runners. Adults can run, walk, or bike with us! We would also love to promote healthy snacking. Another way to help would be to bring fruit, granola bars, or another healthy snack that we can share after a good run. If you have any questions please email Amanda Trem! (Pioneer Kindergarten Teacher) at <u>atrem!@ashwaubenonk12.org</u> or Allison Sudo! (Pioneer Third Grade Teacher) at <u>asudo!@ashwaubenonk12.org</u>. Have your runner come see Miss Trem! or Mrs. Sudo! if they would like a hard copy of the packet.

We cannot wait to get started!

Amanda Treml (Pioneer Kindergarten Teacher)

Allison Sudol (Pioneer Third Grade Teacher)



belin(11) 5710K 2025

Dear Parents/Guardians,

Your child is invited to participate in the "Kids for Running" program offered by the Bellin Run and coordinated by parents and teachers at our school. Kids for Running is an after-school program that prepares children to run the 5K Bellin Run (either in-person or virtual) on June 14, 2025. NOTE: the 5K is an addition to this long standing event and will be held at the same time/place as the 10K. Any child that would like to participate in the 10K is able to do so, but our training will be focused on completion of the 5K event.

I will be serving as our team captain and will be coordinating our training runs. Training will begin on Tuesday, April 8, 2025 and training runs will be held after school on Tuesdays and Thursdays. Each session will begin with a light warm-up. We will begin with short distances and gradually increase our mileage, leading up to the Bellin Run.

Parents and family members are welcome to train with us and serve as chaperones. In addition, we are in need of volunteers to assist with water stations along the training route, along with other support roles.

Through the Kids for Running program, participants receive a discounted registration fee of \$20 for the Bellin Run. That includes your child's race bib, timing chip and official Bellin Run T-shirt.

The after-school training program is free — and by participating in the Kids for Running program, your child will also receive a Kids for Running T-shirt.

All participants must: 1) complete and return the enclosed permission slip; and 2) register for the event. Online registration instructions are enclosed. (Please indicate on the permission slip if you do not have Internet access or a credit/debit card, so I can register you.)

All Bellin Run participants from our school who register by May 1st will have their race packets delivered to the school.

If you have any questions, please email me at <u>atreml@ashwaubenonk12.org</u> or <u>asudol@ashwaubenonk12.org</u>. Thank you for supporting this health community activity!

Coaches- Amanda Treml (Pioneer Kindergarten Teacher)

Allison Sudol (Pioneer Third Grade Teacher)

Enclosed: Registration Instructions Permission Form

Online Registration

- 1. Go to <u>www.bellinrun.com</u>.
- 2. Click Register Now Open, Register
- 3. Click Kids for Running
- 4. Add your Personal Information
- 5. Race Distance: Unless you have otherwise discussed wit (In-Person) or 5K Virtual. If you child wishes to the 10K, please discuss with your coach since our school training program will focus on the 5K
- 6. Teams Scroll down to find our school and then enter 4-digit code: 1440

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5K (In-Person)	
10K (In-Person)	
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Teams	md	10K Virtual	the
Add registrant to a team? *			
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	llow bo	x, or hit "Continue"	
Yes, add this registrant to a team created by someone else		,	
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Kids For Running Permission Form

This form must be completed by all participants in the Kids for Running after-school training program.

Name of Child (Please Print)	Parent or Guardian Name (Please Print)
In case of emergency, I can be reached at	
Primary Doctor:	_ Hospital of Choice:
Medical conditions we should be aware of:	
Will you be able to assist with training?	· · · · · · · · · · · · · · · · · · ·

Contact me for assistance in getting my child registered as I do not have a debit/credit card or access to the Internet. Contact phone number: ______

BELLIN RUN – KIDS FOR RUNNING RELEASE FROM LIABILITY AND INDEMNIFICATION AGREEMENT

This Release from Liability and Indemnification Agreement must be read and agreed to in order to participate in the Bellin Run Kids for Running Program. This Release from Liability and Indemnification Agreement pertains to all children participating and parent(s) or legal guardian(s) that may participate with their children in the Bellin Run Kids for Running Program or the Bellin Run. Registrations for minors must be made by a parent or legal guardian herein referred to as "Guardian." The term "Participants" shall refer to all children listed and included as registrants.

By participating in the Bellin Run Kids for Running Program and the Bellin Run I agree to the following on behalf of myself and Participant:

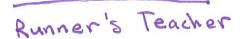
I HEREBY RELEASE, WAIVE, AND DISCHARGE (1) Bellin Memorial Hospital, Inc., its officers, directors, employees, contractors and agents; (2) the City of Green Bay; (3) the Village of Allouez; (4) all municipalities including any and all of their agents, employees, assigns, volunteers or anyone acting for or on their behalf (5) the Green Bay Area Public School District; (6) all school districts, including any and all of their agents, employees, assigns, volunteers or anyone acting for or on their behalf; and (7) any and all agents, volunteers, operators, owners, contractors and lessees of the premises used to conduct the Bellin Run Kids for Running Program or the Bellin Run (hereinafter collectively referred to as "Releasees"), from any and all claims, liability, loses, costs, including attorney fees, causes of action or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of training for or participating in the Bellin Run Kids for Running Program or the Bellin Run or related events.

I HEREBY AGREE TO INDEMNIFY AND HOLD HARMLESS the Releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the Participant in any way participating in the Bellin Run Kids for Running Program or the Bellin Run, and I acknowledge that running or similar physical activities can be potentially hazardous and I assume full responsibility for and risk of bodily injury, death, or property damage arising out of or in the course of training for or participating in the Bellin Run Kids for Running Program or the Bellin Run.

I HAVE READ AND VOLUNTARILY ACCEPT THE RELEASE FROM LIABILITY AND INDEMNIFICATION AGREEMENT, AND HEREBY WAIVE THE RIGHT I HAVE TO BARGAIN FOR DIFFERENT WAIVER OF LIABILITY TERMS.

Date

Parent or Guardian Signature



Rumer's Grade

sunday	Sunday Monday *Parents and Gu Help encourage *The running rou *Running club w	Tuesday Jardians: Please co e these students to of e will end at the 1 vill NOT be cancel	MondayTuesdayWednesdayThursdayFriday*Parents and Guardians: Please consider joining us by running, walking, or biking.#elp encourage these students to live a healthy active life!*The running route will end at the flagpole and pick up times will change.*Running club will NOT be canceled due to rain or snow.	Thursday by running, walki live life! up times will cha now.	Friday ng, or biking. nge.	Saturday
		-	8	ŝ	4	ц
	~	B First Day! Have permission slip signed and meef in cafeteria after school Run ½ Mile Pick up at 3:45	0	10 Run 1/2 Mile Pick Up at 3:45	2	12 Run 1 Mile On Own
	4	15 Run 1 Mile Pick Up at 3:45	16	17 No School	18 No School	19 Run 1 Mile On Own
	21	22 Run 1 Mile Pick Up at 3:45	23 Early Release 30 Bellin Run registration due	24 No School	25 No School	26 Run 1 Mile On Own

Saturday 3 Run 2 Miles On Own	10 Run 3 Miles On Own	17 Run 4 Miles On Own if you are running Bellin 10K	24 Run 5 Miles On Own if you are running Bellin 10K	31 Run 2 Miles On Own
Inursday Bellin Run registration duel Run 2 Miles Pick Up at 3:50	8 Run 2 ½ Miles Pick Up at 3:50	15 Run 3 Miles Pick Up at 4:00	22 Run 3 Miles Pick Up at 4:00	29 30
Weanesaay	2	14	21	58
	6 Run 2 Miles Pick Up at 3:50	13 Run 2 ½ Miles Pick Up at 3:50	20 Run 3 Miles Pick Up at 4:00	27 Last Day of Running Club Run 2 Miles Pick Up at 3:50
XDDIOM	2	12	19	26 Memorial Day
λουσαλ	4]] Mother's Day	18	25

	Saturday	7 Run 2 Miles On Own	14 Bollia Bira	5K or 10K!	
	Friday	6 Last Day of School	13		
na Qlub	Thursday	2	12	Run 1 Mile On Own	
June 2025 Running Glub	Tuesday Wednesday	4 Run 2 Mile On Own	[]		
June 20	Tuesday	ę	10	Run 1 Mile On Own	
	Monday	2	6		
	Sunday		Ø		