

## Pioneer Running Club Information



Pioneer Running Club is for **3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> 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 Trembl (Pioneer Kindergarten Teacher) at [atrembl@ashwaubenonk12.org](mailto:atrembl@ashwaubenonk12.org) or Allison Sudol (Pioneer Third Grade Teacher) at [asudol@ashwaubenonk12.org](mailto:asudol@ashwaubenonk12.org). Have your runner come see Miss Trembl or Mrs. Sudol if they would like a hard copy of the packet.

We cannot wait to get started!

Amanda Trembl (Pioneer Kindergarten Teacher)

Allison Sudol (Pioneer Third Grade Teacher)



# bellinrun

## 5+10K 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 [atrem1@ashwaubenonk12.org](mailto:atrem1@ashwaubenonk12.org) or [asudol@ashwaubenonk12.org](mailto:asudol@ashwaubenonk12.org).

Thank you for supporting this health community activity!

Coaches- Amanda Trem1 (Pioneer Kindergarten Teacher)

Allison Sudol (Pioneer Third Grade Teacher)

Enclosed: Registration Instructions  
Permission Form

# Online Registration

1. Go to [www.bellinrun.com](http://www.bellinrun.com).
2. Click **Register Now Open, Register**
3. Click **Kids for Running**
4. Add your Personal Information
5. Race Distance: Unless you have otherwise discussed with your coach, please choose either 5K (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

## Teams

Add registrant to a team? \*

☐ Add this registrant to team BellinHealth Not available in this sub-event

☒ Yes, add this registrant to a team created by someone else

Select team

The Cool Skool

Enter code \* 

Registrant No. 1

Sub-event

Select a sub-event \*

General Registration

Children's Run

Kids for Running

☒ Kids for Running \$20.00 Check with your school for your team code.

Race Distance

What distance will you participate in? \*

Select...

Select...

5K (In-Person)

10K (In-Person)

5K Virtual

10K Virtual

and

the

low box, or hit "Continue"

to a "Waiver and Release of Liability Agreement,"  
'Acknowledgment Statement" for all registrants.

## Kids For Running Permission Form

Sign and return  
by April 8<sup>th</sup>

**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, losses, 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

\_\_\_\_\_  
Runner's Teacher

\_\_\_\_\_  
Runner's Grade

# April 2025 Running Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8 First Day! Have permission slip signed and meet in cafeteria after school Run 1/2 Mile Pick up at 3:45	9	10 Run 1/2 Mile Pick Up at 3:45	11	12 Run 1 Mile On Own
13	14	15 Run 1 Mile Pick Up at 3:45	16	17 No School	18 No School	19 Run 1 Mile On Own
20	21	22 Run 1 Mile Pick Up at 3:45	23 Early Release	24 No School	25 No School	26 Run 1 Mile On Own
27	28	29 Run 1 1/2 Mile Pick Up at 3:45	30 Bellin Run registration due on Thursday!			

\*Parents and Guardians: Please consider joining us by running, walking, or biking.  
 Help 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.

# May 2025 Running Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Bellin Run registration duel Run 2 Miles Pick Up at 3:50	<b>2</b>	<b>3</b> Run 2 Miles On Own
<b>4</b>	<b>5</b>	<b>6</b> Run 2 Miles Pick Up at 3:50	<b>7</b>	<b>8</b> Run 2 ½ Miles Pick Up at 3:50	<b>9</b>	<b>10</b> Run 3 Miles On Own
<b>11</b> Mother's Day	<b>12</b>	<b>13</b> Run 2 ½ Miles Pick Up at 3:50	<b>14</b>	<b>15</b> Run 3 Miles Pick Up at 4:00	<b>16</b>	<b>17</b> Run 4 Miles On Own if you are running Bellin 10K
<b>18</b>	<b>19</b>	<b>20</b> Run 3 Miles Pick Up at 4:00	<b>21</b>	<b>22</b> Run 3 Miles Pick Up at 4:00	<b>23</b>	<b>24</b> Run 5 Miles On Own if you are running Bellin 10K
<b>25</b>	<b>26</b> Memorial Day	<b>27</b> Last Day of Running Club Run 2 Miles Pick Up at 3:50	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Run 2 Miles On Own

June 2025 Running Club						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Run 2 Mile On Own	5	6 Last Day of School	7 Run 2 Miles On Own
8	9	10 Run 1 Mile On Own	11	12 Run 1 Mile On Own	13	14 Bellin Run 5K or 10K!