

# Bruin 5K Running club

The Bon Lin Running Club is for 5th grade students who would like to learn more about beginning running. We will meet on Wednesday of each week right after school until 5:00. The club will start with a beginning running approach to running a 5K. Our goal is to run a 5K each month together. We will talk about nutrition, stretching, and the proper forms of running. We will be running outside as long as the weather permits. \*\*The most important equipment for a runner is their running shoes.

You can go to Breakaway Running on Germantown Road or Fleet Feet on Poplar to get proper fitting running shoes.

\*\*We will also get a team tech shirt for running races and practices - and a special something at the end of the year -

\*\* If we have to cancel - we will send out an email/SeeSaw - please don't call the office.

\*\* We will have our first meeting - Wednesday Sept. 13th.

\*\*Students must be picked up at 5:00 at the carline dismissal door. If you have any questions my email is [dgentry@bartlettschools.org](mailto:dgentry@bartlettschools.org) -

Thanks,

Mrs. Gentry

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Child's name \_\_\_\_\_

Teacher \_\_\_\_\_

I give my child permission to participate in Bon Lin's 5th grade running 5K club.

parent signature \_\_\_\_\_ date - \_\_\_\_\_

parent email \_\_\_\_\_

parent phone number \_\_\_\_\_

parent cell number \_\_\_\_\_

Child's shirt size: \_\_\_\_\_