

VRA's Running Club 2016-2017

"Ridge Runners"

Do you love to run, have fun and be active?

If you answered "YES!" then the Ridge Runners Club is for you!

The Ridge Runners will meet once a week to train for a 5k (fall) and track meets (spring). We focus on running form, stretching, and good sportsmanship.

Participants will receive a technical Ridge Runners club t-shirt!

Cost: \$20 (Race entries are NOT included in these dues) Checks can be made payable to VRA. (Your membership fee goes toward the t-shirt, snacks, and club social events).

Who: Ms. Bohatch and Coach Mahaven (additional teacher sponsors will be present.)
1st - 8th graders

REGISTRATION CLOSES OCTOBER 7th- BUT, space is limited- registrations taken on a first come, first served basis

When: 1st- 4th Grade -Mondays 3:00-4:00/ 5th-8th Grade -Thursdays 3:00 – 4:00

Start date: Monday, October 17th (1st- 5th grade)/Thursday, October 20th (5th-8th Grade)

End date: December 5th (1st- 4th grade)/December 8th (5-8th grade)

***Dates for spring session will be announced after winter break. You do not have to register twice. Your membership lasts all year.**

Races: 5k race (TBA)

Spring: Nease & Creekside Track & Field meet (more events TBA)

more race registration information will be sent to Running Club members

If you have any questions, please contact Ms. Katie Bohatch @ Katie.Bohatch@stjohns.k12.fl.us or Coach Mahaven Ashley.Mahaven@stjohns.k12.fl.us

Please return this form with cash or check for \$20.

Ridge
Runners

Child's Name: _____

Grade/Teacher (homeroom if in middle school): _____

Dri-Fit Shirt Size: _____ (please indicate youth or adult size; both are available)

Parent Email (will receive all running club updates): _____

Parent Phone Number: _____