



Be{YOU}tiful Strides Running Club is a noncompetitive club for girls in 3rd through 6th grade, focusing on helping to build healthy habits, individual strengths and talents, encouragement and character building. Each meeting will consist of a Bible devotion or weekly verse and approximately 30 minutes of walking and running. Each girl will be encouraged to participate at her own pace. The 8 weeks will end with an opportunity to participate in a noncompetitive 5K running event.

The club will be held twice per week on **SUNDAY at 4:00 pm & THURSDAY morning from 7:00-7:45 starting March 27th – May 21st at the Parkston Track.** For inclement weather the club will meet in the school gym. We will begin and end in the school gym. We ask that each girl runs/walks once per week on her own at home for 30 minutes. (This would be a great opportunity for parents to train with and encourage their daughters!)

Registration for the club will be \$25 (financial assistance is available to ensure the club is accessible to all girls who are interested). Registration fee includes a running club registration for a 5K (including event t-shirt) and weekly prizes. Run Club Sweatshirts will be available for an additional cost. Girls should bring their own water bottle each morning and wear sturdy running shoes and comfortable, but weather appropriate clothing. We will end close to 7:45 each day.

The end of season Sparkle Run 5K is scheduled for **Saturday, May 21st.**

The club will be led by Elsa Tapio and Jessica Leischner. We also have some Jr. High and High School mentors in addition to women from the community to help encourage the girls. Contact us with any questions or if your child is in need of financial assistance for the program.

Jessica Leischner 605-770-8031 Elsa Tapio 605-933-2228

Please keep this paper and return completed forms and registration fee to the school office by March 18.

Participation Form and Waiver Release:

Name _____

Grade _____ DOB _____

Parents Name _____

Address _____

Phone _____

Emergency Contact Name & Number

Allergies (including food) and/or medical conditions

T-Shirt Size _____

Sweatshirts will be available for an additional cost and can be ordered online. We will pass on the order link when it is ready.

I hereby waive and release any and all rights and claims I may have against the sponsors and volunteers of be{You}tiful Strides Running Club and have full knowledge of the risks that may be suffered or involved with running/walking/exercising.

Parent signature _____ Date _____

