

## Back by Popular Demand: Meadows Running Club 2015-2016!

Meadows Parents, the PTA is excited to announce the 2015-2016 Meadows Running Club for students. Multiple studies have shown that cardio exercise in the morning promotes better mood, concentration and academic performance. Additionally, social running is fun! Over 200 students participated last year and ran more than 4,800 miles!!

Starting September 29<sup>th</sup> running through May 13<sup>th</sup>, Meadows PTA will be offering our student running club. It will take place Tuesday, Wednesday, Thursday and Friday mornings from 7:40am – 8:00am. When the 8:00am bell rings the students will be sent to class. Your child may attend one day or all days! We will take a winter break from November 23<sup>th</sup> – January 25<sup>th</sup>. All 1<sup>st</sup> – 5<sup>th</sup> graders are welcome.

My child \_\_\_\_\_, in (teacher/grade) \_\_\_\_\_  
class has permission to participate in Meadows Running Club.

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_ Cell phone # \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone # \_\_\_\_\_

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### **This Program cannot happen without Volunteers!!**

Help is needed with morning supervision of the runners. We need 4-5 parents per day (approximately 7:35am – 8:05am). We hope to see you on the field!

**\*To volunteer for any PTA program at Meadows school you must be a member of the Meadows PTA. Please be sure to join.**

**\*\* PLEASE fill out one form for each child!**

Thank you!

