

SUNRISE RUNNING CLUB



2018

“Don’t give up on the impossible before you try it.”

~Clarence Munn

Where did this come from?

Penn-Trafford used to organize a district-wide elementary running club called the Running Warriors that met at Trafford Middle School. Each week, the students from Sunrise prepared for a 2-mile race held at Plum High School. The district wide program was cancelled two years ago, but the kids still wanted to run. Yay! Mr. Spudy, Miss Rodrigues, Mr. Pompilio, Miss Borden, and Mrs. Hartman decided to volunteer to train along side the students of Sunrise last year. This year will be our 2nd year of hosting a running club at Sunrise.

Who can run?

Only students who attend Sunrise Estates Elementary can participate. It is open to students from 1st grade to 5th grade.

We will be partnering with the Plum Running Mustangs to complete a 2-mile race on May 12th at Plum High School. Running in the race is **not mandatory** in order to be a part of the Sunrise Running Club.

How much does it cost?

It costs \$15 to participate in the running club. That will pay for a t-shirt, a weekly snack, and the admission to the Russ Maxwell Forever Young Race. Checks can be made out to “Sunrise Elementary School”.

What do the kids need?

The kids need to be prepared to run **outside**. They need to have a good pair of running shoes, comfortable clothes, and bring a water bottle with their name on it each Wednesday.

What are the dates?

We will train for 8 weeks on Wednesdays starting on March 21st.

Our last Wednesday will be May 9th.

The optional, but encouraged, "Russ Maxwell Forever Young Race" will be at Plum High School at 8:30 AM on May 12th. We ask that you arrive no later than 8 AM on May 12th.

What is the training schedule?

We will take attendance at 3:20 PM and have a small snack.

We will start stretching at 3:30 PM.

We will run from 3:30-4:00 PM.

We will do some strength and conditioning activities and cool down stretches afterwards.

The kids should be ready to be picked around 4:20 PM. Please be prompt and pick up your child no later than 4:30pm.

What are the pick up procedures?

Please enter the front entrance of the school. You can park in the circle or in the main parking lot. You will pick up your child by heading to the gymnasium. You **MUST** sign them out or have a pre-approved adult that is permitted to pick up the child listed on the permission slip.

What is the behavior policy?

This program is about learning how to run and learning to have fun while running. If any of the volunteers have to speak to your child too often about inappropriate behavior, then your child will be removed from the program.

What is the course?

We are going to run around the grounds of Sunrise Estates Elementary. Our route will be around the front of the school, past the playground, out to the baseball field, back through the playground and back to the front of the school. Our goal at the end of our training will be to run that course without walking.

Can parents volunteer to run with the kids?

Yes, if you have your clearances turned in at the Sunrise office, then you can join us and run with us. Volunteers are welcome. You can indicate this on the permission form.

Can I donate anything?

Please ask/email Mr. Spudy and he will tell you what is needed. spudyd@penntrafford.org

SIGN UP SHEET TO BECOME A SUNRISE RUNNING CLUB MEMBER

Return ALL 3 FORMS to the Sunrise office by March 16, 2018

Child's Name _____ Grade _____

Child's Homeroom Teacher _____

Who will we release your child to? (please list ALL possible names)

Your phone number _____

Your email address _____

Does your child have any food allergies? _____

Does your child have any medical concerns that we need to be aware of?

What is your Child's Shirt Size?

Youth Small

Youth Medium

Youth Large

Youth Extra Large

Adult Small

Adult Medium

Did you remember to sign and turn in the waiver forms? YES / NO

Did you include your payment in cash or check?
(Check made out to Sunrise Elementary School) YES / NO

Is your child considering attending the May 12th Race? YES / NO

Would you like to volunteer on Tuesdays?
If yes, what are you interested in helping with? YES / NO

Sunrise Running Club Waiver Form

I agree that I am a member of the Sunrise Running Club, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, and all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players, are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Sunrise Running Club, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Student Name: _____ Grade: _____

Parent Signature: _____

Date: _____

Student Signature: _____

Date: _____

If you would like your child to participate in this event, please complete, sign, and return the following statement of consent and release of liability. As parent or legal guardian, you remain fully responsible for any legal responsibility which may result from any personal actions taken by the named student.

I hereby consent to participation by my child, _____, in the event described above. I understand that this event will take place away from the school grounds and that my child will be under the supervision of the designated school employee on the stated dates. I further consent to the conditions stated above on participation in this event, including the method of transportation.

I understand that my child must comply with the rules and regulations of the district while participating in the event and will remain subject to the same disciplinary measures as are applied during the regular school program. I further understand that any violation of the rules could result in my child being sent home from the activity at the expense of the parent.

In consideration of the agreement of the Penn-Trafford School District to allow my child to participate in the above described outing, and intending to be legally bound hereby, I agree to indemnify and hold harmless the Penn-Trafford School District its employees, agents, successors, assigns and legal representatives, against any loss from any and all claims, demands and actions at law or in equity that may hereafter at any time be brought by my child, or anyone acting on her or his behalf, for the purpose of enforcing a claim for damages because of any injury to my child to the extent the school district, its employees, agents, successors, assigns and legal representatives are immune to such claims under the Political Subdivision Tort Claims Act 42 Pa.C.S.A. § 8541 et al.

I/We agree that in case of injury to my/our child, I will apply our hospitalization and/or accident insurance toward the payment of the expenses incurred and will not look to the Penn-Trafford School District or any of its officers, employees, agents, successors or assigns for the payment of any medical costs or injury related costs.

IN WITNESS WHEREOF, I/we execute this Hold Harmless and Indemnification Agreement this _____ day of _____, 20____.

Date

Parent/Guardian Signature