

Deerfield on the Run/Walk



Running/Walking program for 4th-6th graders!

The Active School Program is bringing back Deerfield on the Run to promote physical activity for elementary students outside the school day.

Deerfield on the Run is for beginning runners in 4th-6th grades and will follow a "Walk to 5K" program. This 4-week program will begin with short intervals of running and walking and the running intervals will be increased each week. The goal is to build each child's cardiovascular endurance.

Deerfield on the Run participants will meet twice per week, on Tuesdays and Thursdays from 3:00-4:15 at the elementary school. Runs will depart from the elementary school, travel to the Glacial Drumlin Trail, and return to the school. The program begins on Tuesday, May 7th and will conclude on Thursday, May 30th.

There is a \$15 registration fee to hold your child's spot in this program and to cover the price of the *Deerfield on the Run* t-shirts. Scholarships are available for families that cannot afford the registration fee. Middle and high school students can sign up (no cost) to serve as mentors in the program. If parents are interested in volunteering, please indicate so on the registration form below.

Please return the registration form and money to the ES office by Friday, May 3rd. If you have any questions about the program please contact Pam Klein at (608) 764-5431 #1138, email: kleinp@deerfield.k12.wi.us.

Student Name: _____ Grade: _____ T-Shirt (Circle One)
Youth S M L Adult S M L XL

Student Run Group Interest: (Circle One) Faster Pace/Jog/Run Only **OR** Walk/Jog/Run

Parent Name: _____ Parent Email: _____

Parent Cell Number(s): 1. _____/2. _____ (NO LATE PICK-UPS)
Interested in volunteering? Yes No

Parent Signature: _____ Date: _____

I understand that my child will run/walk from the elementary school, through the village of Deerfield and will be supervised by teachers, parent volunteers, and MS/HS mentors. Please include cash or check to DHS for the \$15 registration fee.

Please return this sheet to the ES office by Friday, May 3rd.

Emergency Contact: _____ Emergency Phone: _____

Please list any health concerns on the back of this registration form.