

## **Kolb Run Club**



When: Thursdays, 7:40am-8:10am

Where: Meet at lunch tables

What:

- 1) We will stretch and warm up for 5 min before running
- 2) Run for 15 ~ 20 min
- 3) After each lap, each runner will receive a popsicle stick. We will record the number popsicle sticks for each runner at the end to track the number of laps.
- 4) Participants will receive a 'foot' charm for each mile they run.

Please bring:

- 1) Signed waiver form before participation in Run Club
- 2) Runners should wear gym shoes and bring water and a light snack  
(Please give your child a light breakfast but pack a light healthy snack for after run. i.e. healthy granola bar, fruits, etc.)

Cancellations/Rainouts: Run Club will be cancelled on rainy days. An e-mail will go out the night before.

Please contact [runclub@kolbpfc.org](mailto:runclub@kolbpfc.org) with any questions.

**Kindergarten runners: Parents will need to stay with their kindergartner after the run until kindergarten start time.**

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## **Kolb Run Club Waiver**

I authorize \_\_\_\_\_ to participate in The Kolb Run Club to be held Thursday mornings 7:40-8:10am throughout the school year on the school field. By doing so, I hereby release the organizers and Dublin Unified School District and its employees from any and all claims, injury, accident, illness, or death occurring during or by reason of participation in this activity. In case of illness or accident, permission is granted for emergency treatment to be administered and I assume full responsibility for such actions, including payment of costs.

It is my responsibility to walk my child to the Run Club meeting location. I understand that if I have a kindergartner, I will stay with my child from the end of Run Club until kindergarten start time.

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Parent Contact Phone # \_\_\_\_\_ Parent E-mail \_\_\_\_\_

Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*\*\* Please bring signed waiver into front office (Ms. Clabaugh's mailbox) or any Run Club meeting. \*\*\*