

# Wapakoneta Running Club

*Fall 2019*

Wapakoneta City Schools Students - Kindergarten through 6th grade are invited to participate in a Running Club.

*Staying Healthy One Step at a Time!*

Starting August 27, each Tuesday and Thursday, we will meet from approximately 5:00-5:30 at the Elementary track by the playground. We will meet through October 10th.

This will encourage kids to get out and exercise while still having fun learning running drills, stretching routines, and potentially show an interest in joining Cross Country or track when they are able. School sponsored Track & CC begin in 7th grade.

Students will be encouraged to participate in Mile Fun Runs occurring before our Home Cross Country Meets on the following dates.

August 31 - Wapak Night Meet (this will occur in the evening at Veterans Park)

September 17 - Wapak JH Invitational (at gazebo by WMS/Wapak Waterpark)

\*\*There are also many Fun Runs (typically  $\frac{1}{2}$  or 1 mile) before some CC meets.\*\*

Students must have an [Emergency Medical Form](#) turned in to their designated school.

Text [@waprunclub](#) to **81010** to join and receive text notifications.

Please contact Kara Schneider [schnka@wapak.org](mailto:schnka@wapak.org), or Brad Rex [rexbr@wapak.org](mailto:rexbr@wapak.org) if you have any questions.

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My Child, \_\_\_\_\_,  
has permission to participate in the Wapakoneta Running Club.

Child's grade \_\_\_\_\_ Teacher \_\_\_\_\_

Parent Name \_\_\_\_\_ Cell phone \_\_\_\_\_

Parent Signature \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

\*\*Please bring this bottom portion on the first day you can attend. Thanks!

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