

RUNNING RAPTORS

Distance Club



Summer 2016

The intention of this running club is to start you off with your summer mileage! We will meet at East Ridge Tennis Pavilion. We will run our route from 8:30-9:30am on Mondays, Wednesdays and Fridays during the first part of summer. We will talk a little about running form and some strategy but it will be a casual group with the purpose of **focusing on getting base miles in for summer** running. We'd like you prepared when official practices begin on Aug. 15th. The cost of this run club is \$20. The cost includes a tech running shirt.

(We still have a connection to FrontRunner events as we work at the St. Paul Triathlon in Aug. However, they no longer host a trail race in July. So, we will have our own "race" on Friday AM 7/1. Which will be the 'end' of running club. After this, captains' practice and/or group runs or individual training should keep your base mileage going until our official start on AUG 15th at 8:30am. (No-Contact Period for coaches-7/2- -7/8)

We hope to see you there!

Please contact Coach Cronin for details:

ccronin@sowashco.org

RUNNING RAPTORS

Distance Club

When: We will run our route from 8:30-9:30am on some Mondays, Wednesdays and Fridays during the first few weeks of summer. The official season begins Aug 15th.

Why: For the purpose of focusing on getting some base miles in for summer running.

Where: East Ridge Tennis Pavilion-- beginning June 13th

Cost: \$20 East Ridge Cross Country Boosters

Please include a check for \$20. The cost includes our Raptor Running Summer shirts (tech shirts). The money is nonrefundable. **SHIRTS WILL BE ORDERED by June 17th!!!**

-Please send your form to me (most be in the mail by June 10th!!):

Pullman Elementary Attn: Chad Cronin

1260 Selby Ave.

St. Paul Park, MN 55071

OR→

bring your forms and check to one of the first runs during the first week so, I can order shirts. The \$ and reg is due on or before JUNE 17th!!!!

Name _____ **Grade you will enter in Fall** _____

Running Raptor Shirt SIZE: S M L XL

Address _____

Emergency Phone numbers _____

Parent Signature _____

Participant Signature _____

WAIVER. In consideration of my son/daughter's acceptance of entry and participation in running club events, I and my executors, administrators and assignees do hereby release and discharge East Ridge High School, ISD #833, and all coaches, advisors, sponsors and associates from claims of damages, actions whatsoever, and negligence in any manner arising or growing out of my participation in said running club events. Knowingly and at my own risk I do hereby apply to enter my child into these athletic contests. I attest and verify that I have full knowledge of the risks involved in the event and that my child is physically fit and sufficiently trained to participate in these events.