

Viking Fun Run Club

Since staying healthy is on everyone's mind and exercise is a key element to improve our health, we would like to invite you to join the 'Viking Fun Run Club.' Students and interested parents will get together to practice running, to share training tips, to learn warm-ups for injury prevention, and to discuss nutrition.

This is an after school activity where parents can participate with their children. Practices will be held immediately after school, from 3:00 to 3:30, so you can even bring your older or younger children and make it a family activity!!!! Fun Run Club will begin on October 1st and will meet every Thursday **except** during Red Ribbon Week and the Thanksgiving and Winter Holiday breaks.



Complete the permission slip below and return it to your homeroom teacher by Thursday, October 1st if you would like to participate.

If you have any questions, feel free to contact one of the sponsors at julie_hudson@allenisd.org, alli_gilmore@allenisd.org, kaydee_elliott@allenisd.org or julie_steen@allenisd.org.

Please remember that students are there to walk, jog, or run. They will not be allowed to play on the playground or sit on the bike racks.

Cut and return the bottom portion to your teacher by Thursday, October 1st.

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Student Name: _____

Teacher/Grade: _____

Will your parent/guardian be participating? Yes No

After the running club, my child will be getting home by:
_____ walking/biking _____ parent pickup _____ Kid's Club

Cell or emergency number: _____

Parent signature: _____