

# Morse #runlikeagirl Club

**RUN A 5K  
RACE!**

**A running club for girls open to all 3rd-5th graders!**

**Every Monday from March 19-May 14**

**Time: 8:00-9:00 AM meets in Morse Gym**

**Permission slip due: March 2, 2018**

**Program costs/requirements:**

- \$20 per girl (this covers weekly snack, T shirt, team-building activity supplies) \*\*If this creates a financial hardship for your family please let us know, no one will be turned away!
- Shoes that are in good condition for outdoor running
- Comfortable and appropriate clothing must be worn on practice days and weather ready
- Participants must eat a healthy breakfast before arriving to practice
- Each participant must have their own water bottle for ALL practices
- Participants may bring a change of clothes to put on before school starts

*If there are any concerns or issues with acquiring the needed attire or program cost, please contact Mrs. Zendler*

Morse Run Like a Girl Club is a great opportunity for girls to learn, grow and build confidence. The club will stretch and run together each practice, building endurance and strength for entering and completing a 5K on May 20th. During training girls will also be involved in thoughtfully crafted lessons revolving around character, confidence and perseverance.

**If you would like more information please contact:**

Ms.Keyser ekeyser@troy.k12.mi.us  
Mrs. Zendler: szendler@troy.k12.mi.us



The Morse Run Like A Girl Club is inviting all members to participate in the Stony Creek Back to the Beach 5K.

<http://www.backtothebeachraces.com/>

Parents will be responsible for registering their child(ren) prior to the race, and being present throughout the race. Look for more information regarding the Stony Creek Back to the Beach 5K coming soon!

*Run Like a Girl club is coached and facilitated by Morse teachers and staff. Practices, activities, workouts and snacks will be provided by Morse teachers and staff.*

**Return this portion of the form to Ms.Keyser by 3/2/2018**

Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Student T Shirt Size: \_\_\_\_\_

Student Name/ Teacher \_\_\_\_\_

Parent Email Address \_\_\_\_\_

*By signing his permission slip-*

**Student:** you agree to be prepared for each weekly practice and to **always** try!

**Parent/Guardian:** you agree to get your child to practice on time, encourage them at home, and support them on race day!

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

*Please note any allergies, medications, or other health information for your child on the back of this form.*