

# TREYNOR SUMMER RUNNING CLUB

Join us this summer for Summer Running Club! Running Club is for elementary kids entering 4-6 grade and is a fun way to be active with friends and foster a love for running! There are 2 components to Running Club, please read below for descriptions. Feel free to participate in one or both components of running club!

## MILE CLUB

Run throughout the summer and work to join the 10 mile club, 25 mile club, 50 mile club or 100 mile club! Starting on June 1, keep track of your individual miles and on August 15 email Coach Yochum at [heatherjyochum@gmail.com](mailto:heatherjyochum@gmail.com) with the total number of miles you ran all summer. Each runner that turns in miles will get a Running Club t-shirt showing which mile club they earned.

## RUNNING CLUB CAMP

Join us at the Treynor T to run with friends and have fun with running games. This will be a fun time to get to know the Cross Country coaches and foster a love for running! We will meet from 8-8:45 on June 8, June 29, July 13 and August 17. You can add your miles from running camp to help get your mile club goal!

If you are planning on joining us at the T for Running Club camp please fill out the bottom portion of the form and turn it into the Elementary office or email the information to Coach Yochum at [heatherjyochum@gmail.com](mailto:heatherjyochum@gmail.com).

We are excited for our first year of Running Club, we hope you will join us!

Coach Hempel & Coach Yochum

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Child's Name \_\_\_\_\_

Grade entering \_\_\_\_\_ T-shirt Size \_\_\_\_\_

Parents Name \_\_\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_

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