

Rice Canyon Running Club



Come run, come walk! Join the Rice Canyon Running Club! All students and parents welcome!

Running Club will begin on Monday, September 9th and will be held on **Monday and Thursday** mornings from 7:20 - 7:50 am. Parking/Drop off is located on Westwind Drive at the top of the ramp at the field. **DO NOT PARK IN THE SCHOOL PARKING LOT!** It is \$10 to join the running club. Please fill out and return the bottom portion of this flyer, along with payment, to the front office. All participants will receive awards at the following mileage levels:

- 10 miles - Lanyard and Running Club token (*running club token every 10 miles)
- 25 miles - Running Club T - shirt
- 50 miles - Water Bottle
- 75 miles - Running Club Medal
- 100 miles - Running Club trophy

Periodic updates of miles earned and other notices will be provided via the Remind.com app. Please indicate on the form below your cell phone number or email to receive your invitation to the Running Club Remind group announcements. It is your responsibility to sign up for this service. An invitation will be sent out shortly after this form has been turned in. Please make sure to write your information legibly. If you do not receive the notice(s), please check junk/spam folders and contact a running club coordinator. We will have an extra run sometime each month so everyone can get lots of miles!

(Please note, any other races or miles toward running club need **prior approval** and will be verified with running bib/proof of registration. Maximum miles earned for each race outside of running club is limited to a 5K.)

We are in need of parent volunteers during running club.

If you have your purple badge and would like to help please let us know!

- Is the Participant a:
- Student
- Parent
- Other: _____

Participant Name _____

Parent/Guardian _____ Student's Teacher _____

Cell Phone# or Email _____

Goal _____ miles Are you able to volunteer? Yes _____ No _____

Participant T-shirt size Youth Small Youth Medium Youth Large

(Please circle one) Adult Small Adult Medium Adult Large Adult XL