

RUNNING RAPTORS

Distance Club



Summer 2023

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- in June. 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 to be prepared for when official practices begin on Aug. 14th. The cost of this run club is \$25. Everyone who pays and registers will receive a tech running shirt.

We hope to see you there!

Please contact Coach Cronin for details:

ccronin@sowashco.org

RUNNING RAPTORS-Distance Run Club

When: We will run our route from **8:30-9:30am on Mondays, Wednesdays and Fridays** during the first few weeks of summer. We ALWAYS take attendance during the season for many reasons. We take attendance here too for safety. If you're present, it is still extra important to make certain you're checked in every day.

Why: To start you off getting those base miles for summer running.

Where: East Ridge Tennis Pavilion-- beginning June 7th and ending on June 30th. (Run Club ends right before the no coach contact time starts in July)

Cost: \$25 to East Ridge Cross Country Boosters- cash or check in person or Venmo.

Of course, Run Club is optional. Our official season begins Mon Aug 14th (we expect everyone to be at practices starting then). Please get in miles one way or another.
See our website for guidance on summer running



venmo

Please include \$25. The cost includes our Raptor Running Summer shirts (tech shirts). The money is nonrefundable. SHIRTS WILL BE ORDERED by June 24th!!! They will be handed out when we start our season in Aug.

-Please bring your form and \$ to a coach at the RUN CLUB.

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.