

# SUMMER RUNNING CLUB and MILE CLUB

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

## MILE CLUB

ALL ARE WELCOME!! Teachers, High School, Middle School, Elementary, faculty! 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 through August 13. Each runner that turns in miles will get a Running Club tshirt showing which mile club they earned. Mile Club cost \$15 in order to secure a Running Club tshirt. Please fill out your name, email, t-shirt size from below and \$15 and turn in to one of the school offices by June 1st. (Checks can be made out to Treynor Booster Club).

## 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 Cross Country coaches and foster a love for running! We will meet from 8-8:45 on June 7, June 28, July 12 and August 9. 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 Hempel at [chempel@treynorcardinals.org](mailto:chempel@treynorcardinals.org) or Coach Yochum at [heatherjyochum@gmail.com](mailto:heatherjyochum@gmail.com).

We are excited to get you running, we hope you will join us!

Coach Hempel & Coach Yochum

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

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

Phone# \_\_\_\_\_ Parent Signature \_\_\_\_\_