

North Pocono Runners, Inc RUNNING CLUB



Hello Runners and Parents,

The North Pocono Runners, Inc Running Club will open its 2018 Spring Session on Wednesday, April 11th (weather permitting). The club will be open to all students in the North Pocono School District from Kindergarten to Sixth grade. Parents and teachers are welcome to run/walk with our club also.

Our goal is to learn more about the sport of running. The running club will focus on the fundamentals of running and provide age appropriate running practices. We will work on running basics and setting individual goals. All we ask is that you have fun and have a positive attitude! If you are interested, please go to our new club page at <https://runsignup.com/Club/PA/JeffersonTwp/NorthPoconoRunnersInc>

Wear to Practice: Shorts/Sweat Pants, T-shirt, socks and running shoes. Also, please have a full water bottle.

Cost: FREE

Thank You,
Alison McHale

THIS ACTIVITY IS NOT NECESSARILY ENDORSED, SUPPORTED OR APPROVED BY THE NORTH POCONO SCHOOL DISTRICT.
PERMISSION TO DISTRIBUTE THIS INFORMATION IS PROVIDED AS A SERVICE TO STUDENTS.

North Pocono Runners, Inc
RUNNING CLUB
REGISTRATION FORM AND WAIVER
(One form per participant)

NAME _____ GRADE _____

PARENT/GUARDIANS _____

ADDRESS _____

PARENT/GUARDIAN PHONE #'S _____

EMAIL ADDRESS _____

EMERGENCY CONTACT NAME _____

EMERGENCY CONTACT PHONE #'S _____

SPECIAL CONCERNS (ALLERGIES, MEDICATIONS, MEDICAL CONDITIONS) _____

NORTH POCONO RUNNERS, INC. WAIVER

I, _____, individually, and/or as the parent/guardian of the above registrant, hereby give my permission for the registrant to participate in the North Pocono Runners, Inc running club (Jefferson Jack Rabbits or Moscow Roadrunners). I hereby waive, release and forever discharge North Pocono Runners, Inc. (the organizer and operator of the aforementioned clubs) its incorporators, organizers, officers, directors, members, coaches, and others (including Jefferson Township Lion's Club) affiliated with the North Pocono Runners, Inc Running Club from any and all liability and/or claims arising out of any loss or personal injury that may occur during participation in these clubs, on behalf of my child and on my behalf should I choose to participate with my child. I understand that participating in any sport, including running, can be dangerous and may result in physical injury and possibly death. I understand that running is a potentially hazardous and physically demanding activity and that I and/or my child should not run unless medically able and properly trained. I agree to abide by any decision of the club coaches regarding my ability and my child's ability to safely encounter the risks associated with running including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road or running areas, all such risks being known and appreciated by me. I understand that personal music players and headphones are not allowed for use in this club, and I will ensure that my child abides by this guideline and the Code of Conduct. I also give permission for the use of photographs and recordings of my child for promotional purposes related to the aforementioned clubs and North Pocono Runners, Inc..

Participant's Name _____ Date _____

Parent/Guardian Name _____ Date _____

Parent/Guardian Signature _____

**North Pocono Runners, Inc
Running Club**

CODE OF CONDUCT

- Follow the instruction and advice given to me by the coaches of the North Pocono Runners, Inc Running Club.
- I will strive to have a positive attitude in all that I do.
- I will show good sportsmanship at all times.
- I will have fun while participating in the North Pocono Runners, Inc Running Club.
- I will do my best to practice safe running techniques.
- I will practice good nutrition and healthy living.
- I will always run with a group or partner.
- I will not run with headphones or music players.

Participant's Signature _____

Date _____

- I will encourage and support my child on their journey in the North Pocono Runners, Inc Running Club.
- I will strive to have a positive attitude.
- I will show good sportsmanship at all times.
- I will encourage my child to have fun while participating in the North Pocono Runners, Inc Running Club.
- I will help my child practice good nutrition and healthy living.
- I will instruct my child to follow all rules and guidelines given by the North Pocono Runners, Inc coaches.

Parent/Guardian Signature _____

Date _____