

MASON ELEMENTARY SCHOOL

P R E S E N T S

5K Train & Run Club

FALL SESSION

Start Date: Thursday, September 21st

- This club will run **every Thursday from 3:30 PM-4:15 PM** weather permitting, up until **Thursday, November 16th.**

All dates: Sept. 21st, Sept. 28th, Oct. 5th, Oct. 12th, Oct. 19th, Oct. 26th, Nov. 2nd, Nov. 9th, and Nov. 16th (Weather Permitting)

SPRING SESSION

- The spring session start date will be dependent on winter's end date.

Who: Second through Fifth Grade

Where: Mason Elementary School

*****LIMITED SPOTS AVAILABLE*****

*****Please read through page two.**

*****Then proceed to page three to fill out the sign-up sheet!**

Hosted by:

Alexis Cadaret and Ashley Tousignant



RUN





5K



TRAIN AND RUN CONTINUED

Training Information

To start, we will be training at the fenced in area of Mason Elementary School. However, as the kids build stamina we will begin walking/running on Darling Hill Road towards Washburn's Windy Hill Orchard. When we get to that point, it would be amazing if we could have some **parent volunteers** to walk/run with us. We want to make sure we have adults stationed at the front, middle, and back!

5K Information

This club is geared toward training to run a 5K in May or June. The 5K will happen off campus and we will **need you to drive your child to the location**. You are welcome to run with your kiddo and would love the extra help and eyes on the day of the 5K! We are waiting to see what 5Ks will be running in May or June, as it is still a tad early for them to have released Summer 2024 5ks. As soon as we have one selected, you will be notified.



QUESTIONS



Alexis Cadaret: acadaret@sau89.org

Ashley Tousignant: atousignant@sau89.org

SIGN-UP FOR CHILD

Return By Fri., Sept. 15th



Child Name (First, Last)	Parent Email	Parent Phone Number

Permission to Participate (Parent Signature)

Date: _____

PARENT VOLUNTEERS

Again, as the kids build stamina we will begin walking/running on Darling Hill Road towards Washburn's Windy Hill Orchard. When we get to that point, it would be amazing if we could have some parent volunteers to walk/run with us. We want to make sure we have adults stationed at the front, middle, and back! We will communicate when we are ready to have parent volunteers join us!

Parent Volunteer Name (First, Last)	Parent Volunteer Email	Parent Volunteer Phone Number

