

September 12, 2018

Dear Parents,

Another running season has begun and we would like to bring you up to speed with what is happening with our team.

Our philosophy is to have the maximum number of students participate throughout the season. All students in Grades K to 9 are encouraged to participate. **Grades k-4** students will practice on **Monday** lunch hours and **Grade 5-9** students will practice after school on **Tuesdays from 3:15-4:00**. Please arrange pick-up for your child on these days.

The distances covered are 2000 m for students born from 2006 and older, 1000 m for students born from 2007-2010 and 800 m for students born in 2011 and younger. These distances correspond with distances used at cross country meets throughout the season at various schools in the system.

Our Cross Country Running Club has been invited to several running meets over the next few weeks. Participation in these events is **optional**. Students are welcome to run at school, and not run in any races. All races begin at 4:00 pm.

If you wish your child to participate, please fill in and return the attached form. There is an entry fee of \$5.00 for each run, WHICH MUST BE **PREPAID IN CASH BY Friday, SEPTEMBER 14, 2018.**

Unfortunately we are no longer able to receive late entries. We need to know numbers in advance to inform the schools hosting the run. The dates and locations are:

- Race #1 - Tomahawk – September 20
- Race #2 - Blueberry – September 25
- Race #3 - Woodhaven – September 27
- Race #4 - Living Waters – October 4
- Race #5 - Entwistle – October 11
- Race #6 - Meridian Heights – October 18

Parents are expected to provide and arrange transportation for their children to and from the events. Teacher supervisors will meet you at the race to give students their name tags for the race.

The students enjoy the meets and it is a fun activity to be part of during the season. It also gives the members a goal to work towards!

Sincerely,

Miss Johnson, Mrs. Ferguson, and Ms. Legge

Cross Country Running Club Race Schedule

All races begin at 4:00 pm. You must be able to drive your child/children or make arrangements for alternate transportation.

Race schedule to keep at home for your reference.

Location	Date	Child's Name (printed)	Gender M/F	Year of birth	Parent Signature	Entry fee paid
Tomahawk School 4907 50 Ave, Parkland County, AB	Thursday, Sept. 20					
Chickakoo Lake (hosted by Blueberry) (leave by 3 pm) 1128 Township Rd 534, Onoway, AB ToE 1Vo	Tuesday, Sept. 25					
Woodhaven School 475 King St, Spruce Grove, AB T7X 0A4	Thursday, Sept. 27					
Living Waters 5 Grove Dr. West, Spruce Grove, AB T7X3X8	Thursday, October 4					
Entwistle (leave by 3 pm) 5232 50 St, Entwistle, AB ToE oSo	Thursday, Oct. 11					
Meridian Heights School 4119 43 St, Stony Plain, AB T7Z	Thursday, Oct. 18					
Total cash paid						

Race schedule to keep at home for your reference



Cross Country Running Club Race Schedule

All races begin at 4:00 pm. You must be able to drive your child/children or make arrangements for alternate transportation.

Location	Child's Name (printed)	Child's Teacher	Gender M/F	Year of birth	Parent Signature	Entry fee submitted
Tomahawk School 4907 50 Ave, Parkland County, AB	Thursday, Sept. 20					
Chickakoo Lake (hosted by Blueberry) (leave by 3 pm) 1128 Township Rd 534, Onoway, AB ToE 1Vo	Tuesday, Sept. 25					
Woodhaven School 475 King St, Spruce Grove, AB T7X 0A4	Thursday, Sept. 27					
Living Waters 5 Grove Dr. West, Spruce Grove, AB T7X3X8	Thursday, October 4					
Entwistle (leave by 3 pm) 5232 50 St, Entwistle, AB ToE oSo	Thursday, Oct. 11					
Meridian Heights School 4119 43 St, Stony Plain, AB T7Z	Thursday, Oct. 18					
Total (cash only please)						

Please return this sheet to the school along with your payment for the races your child will be attending by Friday, September 14, 2018.