



# **NEWTON** **SUMMER RUNNING** **CLUB**



***WHO: 2nd through 8th grade (just starting or just ending)***  
***\*will be split into ability groups if needed***

***WHEN: Monday and Wednesday Mornings 8:00-9:00 AM***

***WHERE: Start/End at Newton High School Track, unless told otherwise***

***COST: \$30 Per Child***

## **Summer Running Club for Boys and Girls**

**Join the Newton Summer Running Club 2018** and put in some fun mileage with friends and running experts this Summer! Endurance running is good fitness for all other sports and is just a fun thing to do on its own if you learn how to pace and get your muscles used to doing this! It may even improve your mile run time by next Fall! We will build running specific muscles through longer runs in varied places, fun running games and activities. This is about personal accomplishment, not competition within the club.

**Time frame:** Monday June 4th is start date, Wednesday August 22nd is end date. Not required to attend all practices. Do what fits your Summer plans.

**Competitive Events:** Track Meet event for all ages (varied distance and relay options) on Friday July 27th (evening) and a Cross Country event for all ages(1 and 3 mile options) on Saturday August 25th (morning). Other friends and family members may also participate in these events for just \$5 each. Middle school boys cross country and track coach Chad Gavis will also be assisting regularly this Summer to allow us to break the big group into smaller groups based on ability levels.

**Tentative dates of the organized races:** Saturday July 1st, Saturday July 29th, Saturday August 19th. Each would start at 9 AM.

**What you need:** running shoes, comfortable running clothes, water bottle, good attitude!

**What you will get:** supervised running education and fitness, a t-shirt and entry into both planned competitive events

**What it costs:** \$30 per child, payable to Robyn Friedman. Any funds made over and above expenses to run the club will be donated back to the Newton PTA "Open Your Heart Fund."

## **NEWTON SUMMER RUNNING CLUB**

### **REGISTRATION FORM**

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Grade Completed 2017-2018 Year \_\_\_\_\_

Phone \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone # \_\_\_\_\_

Parent/Guardian Email \_\_\_\_\_

T-Shirt Size (Please Circle Size)    YL        YXL        S        M        L        XL

Please contact Robyn Friedman at: [robynpt@iowatelecom.net](mailto:robynpt@iowatelecom.net) or 641-840-2215 or via Facebook by Friday June 1st if you plan on participating. You may bring your registration form and registration fee (\$30) to the first practice you are able to attend, or you can mail it in advance to:

**Robyn Friedman    1500 S    12th Ave W    Newton, IA 50208**

\*\*Parents/guardians may come and exercise with their kids. You are welcome to come along, to exercise and/or help out. Parents/guardians may also bring younger siblings of running club members as long as parents remain in charge of these younger siblings.