



RIVERSIDE RUN CLUB 2018

Dear Riverside Parents:

We are pleased to continue Riverside's Run Club after Spring Break! Riverside Run Club will take place on Wednesdays from 3:15-4:15 p.m. beginning on March 14. We will meet in front of the Riverside playground and walk over as a group to the lower field of St. Michael's for practice.

Please note a few things about our running club:

- Cindy DiCello, on staff at Riverside, is the primary point of contact. She can be reached on her cell phone at 804.615.5767 or by email at cdicello@riversideschool.org.
- Run club will start on Wednesday, March 14 and take place every Wednesday through May 16.
- You are responsible for picking up your child no later than 4:15 p.m.
- Runners will need to wear comfortable clothing and running/athletic shoes during all practices.
- Sports Backers provided a mini-grant to help us with our Riverside Run Club and we will be offering incentives to participants for each milestone they complete to reaching a total of 26.2 miles over the course of the semester (not all miles have to be run during run club). If you are interested in racing events for kids, there are many opportunities in the spring including the [Virginia 529 Kids Run](#) through Sports Backers on Saturday, April 14.
- Runners must be ready to have FUN but also must be ready to put in the effort to prepare for an actual race. We are not about speed, but building confidence and self-esteem regardless of what pace your child runs.

If you wish for your child to participate, please sign and return the release form by **March 2, 2018**. If you have any questions or concerns, please feel free to contact Cindy DiCello at the contact information listed above. We look forward to working with you and your child during this season!

RUN CLUB RELEASE FORM
Spring 2018

I understand there are certain risks inherent in the participation in sports, and I am willing to assume these risks. In addition, to giving full consent for my child's participation, I do hereby waive, release and hold harmless Riverside School, its officers, coaches, and employees for an injury that may be suffered by my child in the normal course of the participation of the Run Club activities incidental thereto, whether the results of negligence or any other cause.

Signature of
Parent/Guardian: _____ Date: _____

I hereby give my permission for any and all medical attention necessary to be administered to my child,

_____ Child's Name _____ Date of Birth _____

In the event of accident, injury, sickness, etc., under the direction of the person(s) listed below, until such time as I may be contacted, this release is effective for a period of one year from the date given below. I also assume the responsibility for the payment of any such treatment, including, but not limited to transportation for required treatment.

Parent/Guardian: _____ Relationship: _____

Address: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ E-Mail: _____

Name of Insurance Company: _____

Agent: _____ Policy #: _____

In case I cannot be reached, I give permission to the Coach, Team Parent, or School Designee, to act on my behalf.

In case I cannot be reached, please call _____ at _____

Our Doctor's Name: _____ Phone: _____

Address: _____

Phone: _____ Hospital: _____

Known Allergies: _____

Other Important Medical Information: _____

Signature of
Parent/Guardian: _____ Date: _____