



# CINCINNATI CHRISTIAN ELEMENTARY RUNNING CLUB 4TH ANNUAL - FALL 2019

The goal of our club is to promote healthy lifestyles and to provide an opportunity to learn about running in a supportive and fun environment. Our parent running coach, Juliet Bostrom, will utilize the JUST RUN fitness program as a means to prepare the runners for the **CCS ATHLETIC BOOSTER 5K** at 9 a.m. on Saturday, October 26, 2019.

## INFORMATION

### ABOUT RUNNING CLUB

**SEPTEMBER 4 - OCTOBER 23**

Every Monday & Wednesday  
after school from 3:15 to 4:30 p.m.

- Students need t-shirt, shorts, socks, running shoes, and water bottle
- Students will change immediately after school in the restrooms and then report to the cafeteria for their snack and drink.
- Weather permitting, runners will begin outside at 3:30 p.m.
- At 4:30 p.m., the runners will go back to the cafeteria for dismissal from the After School Care (ASC). You can pick up your student at 4:30 p.m. or utilize ASC and the associated costs until you are able to him/her up.

**\$75 FEE**

Includes: Student race registration, snack & drink on practice days, and race t-shirt

### CINCINNATI CHRISTIAN ATHLETIC BOOSTERS 6TH ANNUAL RUN/WALK

**Saturday, October 26, 2019 at 9:00 a.m.**  
**Joyce Park - Shelter #22, Hamilton, OH**

Running Club members do not need to register.

If you would like to register other members  
or get more information, please visit  
[www.cincinnatichristian.org](http://www.cincinnatichristian.org) by

**Thursday, October 24, 2019.**

Register by Wednesday, October 16, to receive a  
race t-shirt!

## REGISTRATION FORM

STUDENT \_\_\_\_\_ Birthdate (include birth year) \_\_\_\_\_ Grade \_\_\_\_\_

### FAMILY INFORMATION

ADDRESS \_\_\_\_\_ CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

EMERGENCY CONTACT (name & phone number) \_\_\_\_\_

Gender (Circle): M      F      Shirt Size (Circle): Y-S      Y-M      Y-L      A-S      A-M      A-L

Previous Race Participant (Circle): Yes or No \_\_\_\_\_ years

*Waiver & Release: I acknowledge that my participation involves a risk of injury and I assume that risk. I release Cincinnati Christian Schools, Inc. from any and all liability.*