



Del Lago Elementary 2018 Marathon Club

Thank you for your interest in the Del Lago Elementary Marathon Club. Working with a detailed curriculum provided by the OC Marathon's "Kids Run the OC" (www.kidsruntheoc.org), our runners will be led through a fun 10-week training program aimed at improving their overall fitness level, as well as nutritional awareness.

At the end of the training program, each student will have accumulated the equivalent of 25.2 miles through a combination of various games, activities and lap running. They will also have an increased knowledge regarding healthy food choices and good eating habits. They will be fit, trained and ready to finish their "marathon" by participating in The OC Kids Run the OC Marathon 1-Mile Race on Saturday, May, 5, 2018 at the OC Fair & Event Center in Costa Mesa, CA. Further information on this event will follow as the season progresses. **Please note, if your child is going to run the final mile event at the OC Fairgrounds on Saturday, May 5th, 2018, you must go online at kidsrunthoc.org to register them by Thursday, March 1st, 2018 and pay the \$29.00 fee.**

Training sessions will be held on the field at Del Lago Elementary on **Wednesday afternoons from 2:15pm-3:15pm starting February 21st through May 2nd, 2018**. We will need volunteers who can commit to helping out in order to successfully pull off this training program with a wide range of age groups. We must have 4 or 5 parent volunteers each meeting to assist us supervising the kids (no running experience needed). If you are interested in helping, please contact Stacey Fitch at snv1123@yahoo.com or Natalie Buntzen at rdintheoc@yahoo.com.

To Register:

Required for Students:

1. Complete attached Del Lago Elementary Marathon Club Registration Form.
2. Complete attached Del Lago Elementary Marathon Club Parent's Approval and Student Waiver Form.
3. Complete/Sign attached 2018 OC Marathon Waiver.
4. Return the items noted above to your child's teacher by **February, 15th, 2018**.
5. Complete the online Kids Run the OC Marathon Registration at www.kidsruntheoc.org and bring in a copy of the confirmation email as soon as possible. The deadline to register your child on the Kids Run the OC website is March 1, 2018 at midnight.

Required for Parent Volunteers:

All parents that wish to volunteer and those parents of participating kindergarten, 1st and 2nd grade students, must fill out the following forms:

1. Complete attached Participants Waiver - please turn in with your students forms.
2. Complete attached Saddleback District Volunteer form – please return this form, with a copy of your driver's license, to April Cherry, in the front office.

Any questions at all, feel free to email Stacey Fitch at snv1123@yahoo.com or Natalie Buntzen at rdintheoc@yahoo.com.

**Del Lago Elementary 2018 Marathon Club
REGISTRATION INFORMATION**

Student Name: _____

Address: _____

Student's Teacher: _____ Grade: _____ Age: _____

Parent's Cell Phone #: () _____

(Please make sure the above number is the best emergency number to contact parent during practice times.)

Parent Email: _____

Emergency contact, **other than parent**:

Name: _____ Phone: () _____

Relation to student: _____

Will your child be coming to practice from TLC? _____ Yes _____ No

**Please be sure to let us know any information that may affect your child during practice (ie. allergies, asthma, etc.):

(Registration continued from front.)

PARTICIPANT EXPECTATIONS:

The Del Lago Elementary Marathon Club is 100% volunteer based. In order to provide a positive experience for all participants, we ask that you review the following expectations with your child prior to registration.

Please note that kindergarten through 2nd grade participants must be accompanied by a parent at all practices.

STUDENT AGREEMENT:

My health and fitness is important and I am responsible for my success. As a member I will LEAD by:

- Arriving on time and coming prepared in appropriate attire/footwear.
- Signing in for attendance.
- Practicing proper safety procedures while running and ALWAYS listening to my coaches.
- Treating my coaches and fellow runners with kindness and respect at all times.
- Working as a team and practicing school values.
- Having fun!

Student Signature: _____

PARENT/CAREGIVER AGREEMENT:

My participation in my child's health and fitness is critical. As a parent/caregiver, I will LEAD by:

- Sending my child to practice on time and dressed appropriately to run on Wednesdays at 2:15.
- Supporting my child to help him/her meet his/her running and nutritional goals each week.
- Ensuring that my child is at every practice. If my child is unable to attend practice I will ensure that he/she makes up the mileage at home (*in addition to* any regular activity, ie. soccer practice, etc.) in order to complete the 25.2 miles BEFORE May, 5, 2018.

Parent Signature: _____

(Parent signature also confirms that parent has read and understands the information included in this packet.)

**DEL LAGO ELEMENTARY MARATHON CLUB
PARENT'S APPROVAL AND STUDENT WAIVER**

(Student Name) _____ has my (our) permission to participate in the Del Lago Elementary Marathon Club for the school year 2017 – 2018, from February through May, 2018.

The undersigned parent or guardian assumes all risks in connection with the student's participation in any and all of the PTA sponsored activities. I (we) hereby release and discharge the California State PTA, Del Lago Elementary PTA, all PTA officers, employees and agents from all liability, claims or demands for any damage, loss or injury to the student, the student's property, or parent's property in connection with participation in these activities, unless caused by the negligence of the PTA.

I do hereby certify that to the best of my (our) knowledge and belief said minor is in good mental and physical health. In case of illness or accident, permission is granted for emergency treatment to be administered. It is further understood and agreed that the undersigned will assume full responsibility for any such action, including payment of costs.

I (we) hereby advise that the above named minor has had the following allergies, medicine reactions or unusual physical condition which should be made known to a treating physician or which could limit participation:

If NO allergies, medicine reactions or unusual physical condition, please write none.

1. _____
Signature Date

() _____
Print Name Phone

Address City State Zip

2. _____
Signature Date

() _____
Print Name Phone

Address City State Zip

ADULT PARTICIPANT'S WAIVER

In the consideration of the acceptance of my entry in the Del Lago Elementary Marathon Club for the 2017-18 school year to be held on the Del Lago campus in Mission Viejo, from February to May, 2018.

(Parent Volunteer Name) _____, I the undersigned participant, intending to be legally bound, do hereby for myself and heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, claims and actions for damages that I may have, or that may hereafter accrue to me against the California State PTA, including all unit, council and district PTAs and all of their officers, directors, members and volunteers.

I attest and verify that I am mentally & physically fit and able to participate in this event and acknowledge that I am aware of the inherent risks in participating in an athletic event of this type.

_____	_____		
Signature	Date		
_____	(_____) _____		
Print Name	Phone		
_____	_____		
Address	City	State	Zip