



DRAGON RUNNERS...



is ready to hit the ground running for its 4th Year!!!

Who can join? All boys in 3rd – 5th Grade

When is it? Mondays & Wednesdays from 3:00-4:15 pm: April 3rd – May 20th at Seth Paine. **** NOTE: Our first session will be on a Wednesday. ****

DUE BY
MARCH 22nd!!!

How much does it cost? \$45.00 cash or check payable to Seth Paine PTO. * Includes a T-Shirt and a Water Bottle! Snacks will also be provided for each session. **** A list of selected snacks will be sent to parents prior to our first session in order to accommodate for allergies. ****

Our goal: To teach the boys that running is healthy and can be FUN! We will work on team building and personal endurance, striving for progress each session! This year's final event is yet to be determined as Lake Zurich will not be hosting a Color Vibe 5K this year. We will most likely be participating in another 5K on **Sunday, May 19th**. Please save the date... details will be communicated as soon as they are finalized.

We are still looking for volunteers to help facilitate the sessions. We are in need of running coaches and session leaders to assist with planning. Please check below if you are interested in volunteering.

To register your son, please complete this form and return it, along with the \$45.00 fee, via backpack mail marked "Dragon Runners" to Kim Wrzesinski **NO LATER THAN Friday, March 22nd**. **** Please note: Due to time and space limitations, no late registrations can be accepted. ****

Upon receipt of your registration you will be emailed additional information and a waiver form. We look forward to having your boys run with us!

Student's Name: _____ Grade: _____ Teacher: _____

Mother's Name: _____ Cell Phone: _____ Email: _____

Father's Name: _____ Cell Phone: _____ Email: _____



I would be willing to help out as a volunteer at one or more sessions (exact dates TBD).

Available days: Monday _____ Wednesday _____

\$45.00 Fee (Includes T-Shirt and Water Bottle) enclosed: Cash _____ Check # _____

T-Shirt Size (Youth): Small _____ Medium _____ Large _____ X- Large _____

**** T-shirts also available for Adult volunteers by request.** _____

For Questions, please contact Kim Wrzesinski at OutdoorGirl88@yahoo.com