

# MoUnT VErNon MAraThOn mOnStErs

## The Marathon Monsters running club is back.

This is a running club for kids in grades K-4. This **is not** sponsored by the school district, is completely volunteer run and it is for the kids. The program is set up so that those who participate will run a total distance equal to a marathon (or half-marathon for kindergartners) by the end of the season. We will meet together M-W-F at 7:35 AM at the track. Each time we are together the kids will run(or walk, or any combination of both) a mile (half mile for kindergartners). At 8:05 they will head to school to start their day. If they need to eat breakfast at the school, let us know and we will send them that direction sooner than the others. The final day will include a 1.2 mile run to get the 26.2 miles of the marathon finished. (weather permitting)

The cost to join the club is \$45. This is to cover the cost of a tshirt, shorts and occasional healthy snacks for each participant.

Our hope is to make this a positive experience for every kid involved. Mostly we want to teach kids that being active can be fun and make you feel better throughout your school day.

Exercising as a group is always a lot more fun.

If you have any questions please call or email, Crystal Eskelsen **455-3164 or 319-431-0867 or [crystalesk@msn.com](mailto:crystalesk@msn.com)**. We will start Wednesday, March 27 at 7:35 AM and your runner can bring the money and form with them, but

**a call or an email to register prior to the first day would be greatly appreciated.**

Make checks payable to Crystal Eskelsen.

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Monsters participant: \_\_\_\_\_

Grade in school: \_\_\_\_\_ Teacher's name: \_\_\_\_\_

T-shirt size: YS YM YL AS AM AL Short size: YS YM YL AS AM AL

Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent or guardian's name: \_\_\_\_\_

Emergency contact: \_\_\_\_\_

I give permission for my child to participate in the Mount Vernon Marathon Monsters running club and release the running club and its organizers from any responsibility for any injury that may occur. By signing this I also say that my child is physically able to participate in said event. \_\_\_\_\_

(parent sign and date)