

Parents and Students,

We are so excited to share with you a new scope this year. The Extra Mile is a running club that will come together on Tuesdays and Thursdays after school from 3:30 to 4:15. Your child will learn about Perseverance, Endurance and pacing themselves. We will also be training to run a 1 mile fun run and also a 5k road race, which is 3.1 miles.

As runners ourselves, we have seen the importance of training for strength, running for exercise, but also learning how to use the training as an everyday life skill. Here at North Columbus we believe in kids doing their very best in and out of the classroom. We want them to go the Extra Mile in everything they do. We are scheduled to run in road races in October and November.

I will supply you with information about the races and also register your child for the scheduled races. Permission slips and registrations will be sent home as soon as possible so that we will have adequate time to prepare for registration. We also have information about a pledge form for the children to fill out to help them raise money for the expenses of an Extra Mile T-shirt and also race fees. It will be a lot of fun for your child and family to be involved in. I plan on putting more races on the calendar as they become available. If you know of any races that are in the Columbus/Phenix City area please let us know. I would love to have any parents or family members who would enjoy participating in practices or races to join us. Please fill out this form and return it to Mrs. Robbins ASAP. We are excited to get started. We hope you are also excited. If you have any questions please feel free to ask.

Mrs. Robbins, Mrs. Hunt and Coach Fulghum

Child's Name _____

Parents Name _____

Phone # _____ Grade/Teacher _____

_____ Yes I am interested in running with my child.

_____ No, I will not be running with my child.