



# MOLALLA RIVER MIDDLE SCHOOL

## Home of the Wolverines

318 Leroy Street, Molalla OR, 97038

Phone 503-829-6133, Fax 503-829-5680

Principal- Randy Dalton, Associate Principal- Matthew Lacy

### RUNNING CLUB

Molalla River Middle School is proud to offer the Running Club. Club members will be taking part in weekly group runs with staff and students. In addition, club members will learn about ways to improve as runners. The club will meet after school in Room 12 each Thursday at 2:25 before setting out on a group run (1-3 miles in length), the club will finish by 3:10. Club members should bring clothes to run in (shorts or sweats, extra shirt), and athletic shoes (preferably running or cross-training shoes).

In order to be eligible for the club, students must have a signed permission slip. Students in the club must also be picked up or walk home at 3:10 on club meeting days.

We look forward to providing this experience for your child. Please sign and return this permission slip if you are okay with your child being part of the Running Club.

Sincerely,

Mr. Dalton

Donations are gladly accepted and will be used to buy water bottles, needed gear (extra shirts, shorts, etc.), and post-run snacks for the group. If you are interested in donating, please include a check payable to Molalla River Middle School with the signed permission slip.

Club Member's Name \_\_\_\_\_

Grade \_\_\_\_\_

Emergency Phone Number \_\_\_\_\_

Circle One

Walking

Parent/Guardian Pick Up

I approve of my child being part of this club and agree to arrange for transportation home (walking or pick up) at the end of the meeting at 3:10.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date