

****Run Your Life Clubs****

Run Your Life Clubs for kids are here! We have three age-based Club Run Your Life programs, and each group is designed to allow our children to mingle with their peers in an open setting with activities to fit their individual tastes, as well as team building, and sharing of **Run Your Life principles**. Our principles are based on being true to individual natures, accepting of our traits, not blaming others, taking ownership of our lives, and educating ourselves on the good choices and possibilities available to us in order to grow in the direction of healthy mind, body, and self.

K-3rd Grade: Mar. 14, 28, Apr. 11, 25, Edgebrook School, 8:30-10AM

Grades 4 & 5: Mar. 14, 28, Apr. 11, 25, Duker School, 4-5:30PM

Grades 6, 7, 8: Mar. 14, 28, Apr. 11, 25, Duker School, 6-7:30PM

Cost: Free! Each participant MUST be preregistered and have a signed waiver in order to attend. Please contact Charlene at runyourlife@sbcglobal.net or 815.861.5074 to confirm your registration and receive your waiver.

Run Your Life Activity Release Form

Please fill out and mail it to:

Run Your Life, PO Box 1263, McHenry, IL 60051

Student's Name: _____

School Child Attends _____

Parent/Guardian(s) Name: _____

Parent/Guardian(s) Address: _____

Phone #: _____ Cell(s) _____

Parent/Guardian(s) email _____

Dr. _____ Dr.'s phone _____

Emergency Contact 1: _____

Phone _____

Emergency Contact 2: _____

Phone _____

Allergies/Medications _____

Additional Info _____

I give _____ permission to participate in Run Your Life Programs. I assume all risks of participation and waive all liability of instructors, volunteers, participants, outside contractors and businesses, Run Your Life, and McHenry School District 15. I also grant permission for first aid/emergency treatment to be administered to my child.

Parent/Guardian Signature

Date

****Please note that transportation is NOT provided. Parents are responsible for dropping their student(s) off at the designated location and picking their student(s) up at the designated location and at the designated times.**