

Bellin 10K “Kids for Running” Training Program
Informational Meeting
Tuesday, April 1, 2014 at HES Lab

Thank you for showing interest in the 2014 Bellin 10K “Kids for Running” Training Program. This year your training coaches will be Mrs. Blum (HES), Mrs. Fletcher (HMS) and Mrs. Gorwitz (HMS), along with any other parent volunteers TBA. The Kids for Running Training Program is a FREE after-school program designed to prepare students in 2nd-8th grade for the Bellin 10K run on June 14, 2014. Students do not have to run the Bellin 10K to participate in the “Kids for Running” Training Program.

The training coaches will be coordinating our training runs. Training will begin on Monday, April 7, 2014, and will continue to run every Monday, Tuesday and Thursday after school at HES. Each training session will begin with a light warm-up, stretching routine, the running routine or training program for the day and then end with a cool down and stretching routine. All participants are expected to follow the training regime to prepare the body for the gradual increased distances and to prevent injury. A calendar of events will be provided but is subject to change. All cancelled or changes to the training will be made by 2:00pm the day of the runs or otherwise stated with a letter home or e-mail.

Below are important facts and dates you need to know in order to participate in the “Kids for Running” Training Program:

- ➔ Training is FREE and open to all 2nd-8th grade students, HASD Staff, HASD parents and any community members of Hortonville.
- ➔ **All participants (students and adults) my complete and return the permission slip to Mrs. Blum, Mrs. Fletcher or Mrs. Gorwitz by Monday, April 7 in order to participate.**
- ➔ **All participants** must register for the “Kids for Running” Training Program on-line by **April 15** in order to receive a FREE “Kids for Running” Training Program T-shirt. On-line instructions are provided in this packet.
- ➔ **Student participants** who wish to do the Bellin 10K run on Saturday, June 14, 2014 will receive discounted registration fee of \$15.00.
- ➔ All Bellin Run participants from our school will have their race packets delivered to HES if registered **by May 15, 2014**. All registrations after May 15 will need to pick up their race packets on their own prior to race day or the day of the race.
- ➔ **VOLUNTEERS are needed!!** We need as many people as we can get to be along the training trail for guidance, water stations and first aid. Please contact one of the training coaches if interested.

All information regarding the HASD Bellin 10K “Kids for Running” Training Program can be found on the Crystal Gorwitz web page located at http://www.hasd.org/faculty/CrystalGorwitz/?from_faculty_listing=1&l=&u=

Thank you for supporting this healthy community activity!!!

Mrs. Blum, Mrs. Fletcher, and Mrs. Gorwitz
HASD “Kids for Running” Training Program Coordinators

Enclosed: Training Calendar, Training Guidelines & Expectations, On-line Registration Instructions, Logo Contest Form and Permission Form.

Bellin 10K “Kids for Running” Training Program
Training Guidelines and Expectations

- ❖ Our training sessions will be held on Mondays, Tuesdays and Thursdays (see Calendar for Pick-up Times and Place). All training sessions will begin after-school at Hortonville Elementary School Commons.
- ❖ All participants must provide the signed permission form in order to stay after-school to train.
- ❖ All participants must follow the “Polar Bear Way”, while waiting for the training coaches to organize the running routine.
- ❖ Participants prepare their bodies for the expected training regimen by doing the following:
 - Keep the body hydrated by drinking water throughout the day, prior to the running event (3...8oz glasses of water)
 - Eat a high energy diet throughout the day, starting with a healthy breakfast (raw fruits, vegetables, No-low sugar cereal, whole wheat grains/bars), good nutritious lunch (protein choices such as lean meats, raw fruits and vegetables and whole grains), pre-workout snack (small fruit, raw vegetables, granola bar) a post-workout snack/water (small fruit and vegetable, granola bar) and the a healthy dinner (protein, veg. and whole grains).
 - Check the weather forecast before leaving for school on training days. Come dressed for the weather. Keep a bag packed with the following items:
 - Mittens, hat, light jacket, sweatshirt, good running shoes, long sleeved and short sleeved shirt, shorts and running pants. **NO ONE WILL BE ALLOWED TO RUN WITHOUT A SHIRT ON!!**
- ❖ Off day training is a MUST!! The calendar is designed to train participants for the 10K Bellin Run in a safe, progressive fashion. If a participant must miss a training day for any reason, it is up to them to make up the training session on their own.
- ❖ Safety is number one. The training sessions will be within a 1 mile radius of Hortonville Elementary/Middle/High School. All participants must follow the strict safety guidelines below:
 - Roll Call will be done at the beginning of every training session. All training coaches and course volunteers will be notified of who is present before the training begins, during and at the end of each training day.
 - Running/Walking Partnership. Not all runners/walkers will train at the same pace but the training coaches and parent volunteers will arrange the participants to run in two's or groups.
 - Participants must follow the pedestrian road rules at all times!
 - Never cross an unattended crossing area. Wait for an adult before crossing.
 - Stay on the designated trail. For the most part it will be the sidewalks.
 - Check EVERY driveway or parking lot entrance/exit before crossing in front of them, even if there are no cars in the area. Never assume that vehicles see you! Give the driver a quick hand up that you are crossing and that you are thankful that they are waiting for you.
 - Participants, who have any allergies/health issues or concerns, must notify the training coaches prior to each training event. Such as bees, asthma, sudden or prolonged injury or any other issues that they need to know about.
- ❖ Adults are a must!! Mrs. Blum, Mrs. Fletcher and Mrs. Gorwitz will be doing to training as well. Extra adults at all training levels are needed to assist students on training trail, to help with water stations and help administer first aide if needed.
- ❖ Parents must sign their child out and/or notify one of the training coaches when a child is being picked up and/or send a note as to who will be picking up after the training. Knowing when students leave is as equally important as having them picked up in a timely manner. Check the training calendar for pick up times and locations.

On-line Registration

NOTE: If you do not have a computer or do not have a credit card and are unable to register on-line please contact one of the HASD training coaches to receive a paper registration form.

NOTE: Schneider National partnered with Bellin Run “Kids for Running” Training Program and sponsors the Schneider National Support Program. This program provides running shoes, shorts, shirts, socks and a waived fee for hundreds of underprivileged children each year so that they have the items necessary to train and run the Bellin Run!! If any student participants are in need of financial help in order to participate in this training program please contact **Patty Blum at pattyblum@hasd.org by Thursday, April 3, 2014 by 3:00pm.**

Name Clarification:

To remove confusion during registration, we have modified the two “Kids for Running” Training Program options:

- A. At School Training Program ONLY
- B. At School Training Program AND (+) Bellin Run 10K

Parents will register their child for one of the two training options by April 15th. If you are unsure about attending the Bellin Run 10K on Saturday, June 14, then CHOOSE the AT SCHOOL TRAINING PROGRAM ONLY option. You can always register for the Bellin Run 10K at a later date.

ON-LINE REGISTRATION STEP BY STEP: (must have Credit/Debt Card on hand when registering for Bellin Run 10K)

1. Go to www.bellinrun.com
2. Scroll Down to the middle of the page where you will find three circles. Click on the far left circle with the T-shirt 217 and the words “Register On-line”.
3. Click on the check mark and the words “Register Now”.
4. Scroll down to the 3rd section labeled **KIDS FOR RUNNING** and select one:
 - a. At School Training Program Only
 - b. At School Training Program + Bellin Run 10K
5. The Assumption of Risk and Privacy Policy page will appear. READ and then check the two boxes. Then Click on Accept Terms and Conditions.
6. Enter K4R-Hortonville Area School District in the “School Name” box and click SEARCH.
7. Enter Team Password: **169**
8. Fill out the individual registration information for each registrant, including T-shirt size!
9. An upgrade from the white Bellin Run 10K cotton T-shirt to a color technical shirt is available for \$15.00 and in ADULT sizes ONLY. Select an upgrade at this time, if desired.

NOTE: The upgrade applies to the Bellin Run 10K race shirt. The “Kids for Running” Training Program shirt doesn’t have that option.

HASD "Kids for Running" Training Program Permission Slip

This form must be completed by all participants (students and adults) in the HASD "Kids for Running" Training Program prior to attending any after-school training event.

Name of Student (Please PRINT)

Parent or Guardian Name (Please PRINT)

In case of emergency, I can be reached by e-mail at _____ Phone _____.
(E-mail & Phone number of which you can be reached between 1:30-4:30pm)

Primary Doctor _____ Hospital of Choice _____

Medical conditions we should be aware of: ___ Allergy to _____ Medication on hand: Y N
___ Asthma Inhaler on hand: Y N
___ Other known health concerns _____

Will you be able to assist with the training: ___ NO ___ YES ___ Water Station ___ Along Trail ___ Check In/Out

I need help registering myself and/or my child, please contact me _____

BELLIN RUN – KIDS FOR RUNNING RELEASE FROM LIABILITY AND INDEMNIFICATION AGREEMENT

This Release from Liability and Indemnification Agreement must be read and agreed to in order to participate in the Bellin Run Kids for Running Training Program at the Hortonville Area School District training site. This release from Liability and Indemnification Agreement pertains to all children participating and parent (s) or legal guardian (s) that may participate with their children in the Bellin Run Kids for Running Program or the Bellin Run. Registration for minors must be made by a parent or legal guardian herein referred to as "Guardian." The term "Participant" "(s)" shall refer to all children listed and included as registrant (s).

By participating in the Bellin Run Kids for Running Program and the Bellin Run I agree to the following on behalf of myself and Participant (s):

I HEREBY RELEASE, WAIVE, AND DISCHARGE (1) Bellin Memorial Hospital, Inc., its officers, directors, employees, contractors and agents; (2) the City of Green Bay; (3) all municipalities including any and all of their agents, employees, assigns, volunteers or anyone acting for or on their behalf (4) all school districts, including any and all of their agents, employees, assigns, volunteers or anyone acting for or on their behalf and (5) any and all agents, volunteers, operators, owners, contractors and lessees of the premises used to conduct the Bellin Run Kids for Running Training Program or the Bellin Run (hereinafter collectively referred to as "Releasees"), from any and all claims, liability, loses, costs, including attorney fees, causes of action or liability for death, persona injury or property damage of any kind or nature whatsoever arising out of or in the course of training for or participating in the Bellin Run Kids for Running Training Program or the Bellin Run or related events.

I HEREBY AGREE TO INDEMNIFY AND HOLD HARMLESS the Releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the Participant in and way participating in the Bellin Run Kids for Running Training Program or the Bellin Run, and I acknowledge that running or similar physical activities can be potentially hazardous and I assume full responsibility for the risk of bodily injure, death, or property damage arising out of or in the course of training for or participating in the Bellin Run Kids for Running Training Program or the Bellin Run.

I HAVE READ AND VOLUNTARILY ACCEPT THE RELEASE FROM LIABILITY AND INDEMNIFICATION AGREEMENT, AND HEREBY WAIVE THE RIGHT I HAVE TO BARGIN FOR DIFFERENT WAIVER OF LIABILITY TERMS.

DATE

PARENT OR GUARDIAN SIGNATURE