Parents/Guardians,

The 5k Club is a fun way for CB West students to get fit, make friends, and be involved in their community. This club will meet on Fridays after school to train for a local 5k. This club is meant to be FUN and community building, there is no pressure to run the races. This is a fantastic way for runners of all levels to improve their fitness and make friends with common interests and goals. It will help to have a little bit of running experience before you participate. Typically, we run 10-11 minute/mile pace.

There are a few things you should be aware of:

* + We will be running off of CB West’s campus and around Doylestown
  + While we will be running on sidewalks and paths as often as we can, there will be times that we will need to cross the street or run on the road
  + Club leaders and supervisors will do their best to be aware of the location and condition of each participant
  + Safety is our primary concern
  + In case of injury or emergency, we ask you to provide an emergency contact below:

Club participant name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Any health conditions or additional information: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I understand my child will be off Central Bucks School District property while participating in the 5K club, and I give permission for them to run on sidewalks and roads around Doylestown.

Parent/Guardian signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sincerely,

Mrs. Alison Stone

Contact [astone@cbsd.org](mailto:astone@cbsd.org) with questions/concerns.