



iRun4Life is a fun, noncompetitive running program for boys and girls designed to promote fitness and healthy lifestyles with your children. iRun4Life focuses on exercise, healthy nutrition, and doing good deeds in our community. Training will start **Wednesday, March 29, 2017** and will run each **Wednesday for 6 weeks ending May 3, 2017**. **Running club will begin at 4:00 and end at 5:00 p.m.** We will combine dynamic warm ups, relay races, endurance running and discussions about healthy nutrition.

iRun4Life is open to 1st grade - 6th Grade. Kindergarten students are invited to attend with a parent or adult. There is a **\$10** fee per child to cover the cost of the iRun4Life t-shirt each child will receive. Please do not forget to indicate shirt sign during sign-up!

Please register your children online. This registration includes the waiver, as well as all student information. It's very easy to sign up online. Please go to www.iRun4Life.com and click on the **Orange Parent Register & Login button**, and fill out all the necessary information. If you participated in running club last year, simply enter your username and password, and register your child for a new school session. Then please send the **\$10.00** signup fee per child (cash or check) made out to **(Groveland Home and School Association)** to your child's homeroom teacher or office no later than **March 27, 2017**. After that date, registration will be closed.

We are also looking for parent volunteers to help with student check in / check out and general safety for our runners. You do not need to be a runner to be a volunteer!

If interested, please indicate you want to be a volunteer when you register your child on-line.

If you have any questions regarding registration, please do not hesitate to email me at karenmoeser@verizon.net