

"Blythe Park Cardio Kids" Fall Running Club



"Calling All Marathoners!"

Blythe Park School will soon begin its fall session of **Cardio Kids**. Students in grades K-5 are encouraged to join Mrs. Gorman, Mr. Bartelt and Ms. Dirienzo on Tuesdays and Thursdays for a morning walk, jog, or run.

The Cardio Kids Club understands that individuals begin endurance sports at various levels of proficiency and fitness levels. The mission of this club is to meet students at their fitness level and show them how to develop stamina, strength and speed. Other goals of the club include building friendships and a strong school community.

Students will meet every Tuesday and Thursday morning from 7:45-8:05 where they will walk or run the Blythe Park Walking Path (warm-up begins in the gymnasium). **Please note that all parents/guardians are welcome to join us, but parents/guardians of students in kindergarten and first grade must be present to walk or run with their child.**

As part of the Run/Walk Club, students will be able to:

Track and Celebrate Their Progress

Exercise with Friends

Track an Incremental Marathon

Participate in the "The Cocoa Run" (held on the Blythe Park Campus)

Please join us for a healthy way to have fun!

FALL SESSION DATES: 10/1, 10/3, 10/8, 10/10, 10/15, 10/17, 10/22, 10/24, 10/29, 10/31, 11/5, 11/7, 11/12, 11/14, 11/19, 11/21

**Note: Students who participate in Cardio Kids should come appropriately dressed for the activity (e.g. gym shoes, running shorts/pants, etc.)*

****All student and parent runners will enter and exit through the main front doors. The doors by the auditorium will no longer be accessible during Cardio Kids. Thank you for your cooperation regarding this safety change.***

THE COCOA RUN will take place at 7:40 AM on Thursday, December 5th.

Please join us for a healthy way to have fun!

Blythe Park Cardio Kids Participation Permission Form

Yes, my child _____ has permission to participate in the Blythe Park Cardio Kids program. I understand that he/she needs to be at Blythe Park School by 7:45 AM every Tuesday and Thursday morning during the months of October and November.

I understand that all student and parent runners will enter and exit through the main front doors and that the doors by the auditorium will no longer be accessible during Cardio Kids.



PARENT/GUARDIAN SIGNATURE

DATE

My child is in:

☐ Kindergarten

☐ 1st grade

☐ 2nd grade

☐ 3rd grade

☐ 4th grade

☐ 5th grade

