



# Rocket Runners



**Calling all aspiring runners!** MIS has a new running club, and it's just for the boys! There will be 10 practices to train for a local 5K, New Lenox's *Lil' Gobbler* on November 17th. Registration is limited to the first 25 participants to send in this form and \$45. Checks can be made out to MIS.

During practices, participants will learn how to build up their endurance to run a full 5K, 3.1 miles, through proper warm-ups, distance training, and games. Practices are every Thursday starting September 13 from 3:00-4:00pm (skipping practice on November 8 because of Halloween and Parent-Teacher Conferences).

An additional form will be sent out to participants to order a team t-shirt to wear at practice, the yearbook picture, and at the 5K. Each participant will also need a running buddy to participate with them in the 5K. Running buddies should be an adult to accompany the club runner. Older siblings are also allowed. More information will be sent out later to those that are selected to participate in the club.

If you want to sign up for the club, please return the bottom portion of this form, along with \$45 to MIS before Friday, September 7. The first 25 turned in will be notified that they'll be able to participate in the club.

*Miss Horsch*

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Sign me up for Rocket Runners!! Return to MIS office, along with \$45.

Student Name: \_\_\_\_\_

Homeroom: \_\_\_\_\_

Parent Email: \_\_\_\_\_