

VIKING RUN CLUB

Come run with us! Learn the fundamentals of running through games and fun workouts.
Sessions led by Ki Gohdes and Viking Cross Country.

Grades	Practice Dates	Race Dates
Kindergarten - 3rd	September 18, 25 October 2, 9 3:15 - 4:30 pm Meet in Elementary Gym Pick up at Chauncey Martin Field	September 26 @ Birchwood Golf Course Race will be 1000m Race starts at 4:00 pm No transportation provided
4th - 6th	September 18, 25 October 2, 9 3:15 - 4:30 pm Meet in Elementary Gym Pick up at Chauncey Martin Field	September 26 @ Birchwood Golf Course Race will be 800m and starts at 4:00 pm No transportation provided October 3 @ Hawley Golf Course Race will be 1 mile and starts at 3:45 pm Bus will leave elementary at 2:35 pm October 10 @ Perham (Arvig Park) Race will be 1 mile 3:45 Girls Race, 4:00 Boys Race Bus will leave elementary at 2:35 pm October 15 @ Perham (Arvig Park) Race will be 1 mile 3:45 Girls Race, 4:00 Boys Race Bus will leave elementary at 2:35 pm

Complete this form and return to the Elementary Front Office.
Questions? Please contact Laura Januszewski at ljanuszewski@pelicanrapids.k12.mn.us
Please make checks payable to Pelican Rapids Cross Country
Cost: \$20 (Includes t-shirt)

Participant's Name: _____

Phone: _____

Shirt Size: YS YM YL AS AM AL AXL

Parent's Name: _____ Date: _____

Parent's Signature: _____ Date: _____

CONSENT AND WAIVER OF INJURY

Parents and Guardians of 4th-6th Graders: Please sign and return.

I give my child permission to participate in the elementary races at Pelican Rapids, Hawley, and Perham. He/she is allowed to ride school-provided bus transportation to Hawley Golf Course in Hawley and Arvig Park in Perham to compete in the races. I understand Pelican Rapids Schools cannot be held liable for any injuries that may occur during transportation to and from the event as well as during competition.

Participant's Name: _____

Parent's Name: _____ Date: _____

Parent's Signature: _____ Date: _____