

# FLAMES

# RUNNING CLUB

**FOR:** Boys and Girls in Grades 3-6

**DATES:** September 8th—October 13th on **Mondays and Wednesdays** afterschool

**Cost:** \$35 includes a T-shirt— make check payable to MCS

**PICK-UP:** Circle drive in front of door 16 at 4:15 p.m.

**BRING:** Athletic wear, snacks, tennis shoes and water bottle

**NOTES:** Athletes should expect to run a half-mile without walking. Race day and times to be determined; participation optional.

**QUESTIONS?** Contact Mrs. Brooke Trumpower at [btrumpower@avitahs.org](mailto:btrumpower@avitahs.org) or 419.709.7928.



---

**To participate, sign and return this permission slip to the elementary office.**

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Name: \_\_\_\_\_

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

In consideration for the opportunity to participate in the trip and/or activities above, the participant (or parent/guardian if the participant is a minor) acknowledges and accepts the risks of injury associated with participation in and transportation to and from the activity. The participant (or parent/guardian) accepts personal financial responsibility for any injury or other loss sustained during the activity or during transportation to and from the activity, as well as for any medical treatment rendered to the participant that is authorized by Mansfield Christian School and its employees. Further, the participant (or parent/guardian) releases and promises to indemnify, defend and hold harmless Mansfield Christian School and its employees for any injury arising directly or indirectly out of the described activity or transportation to and from the activity, whether such injury arises out of the negligence of the school, the participant or otherwise.

Parent/guardian signature \_\_\_\_\_

Parent/guardian name printed \_\_\_\_\_

Date \_\_\_\_\_

