



Run, Pirate, Run!

- ✓ We are building endurance to run a 5k.
- ✓ Muscle conditioning, healthy eating tips, all around well being club.
- ✓ We will set personal goals and celebrate as we achieve those goals!
- ✓ Walkers are welcome too.
- ✓ Non competitive atmosphere.
- ✓ Team building experience.

Week #1:	Tuesday,	Jan. 31st	3:30-5:30
	Wednesday,	Feb. 1st	2:30-4:30
Week #2:	Tuesday,	Feb. 7th	3:30-5:30
	Wednesday,	Feb. 8th	2:30-4:30
Week #3:	Tuesday,	Feb. 14th	3:30-5:30
	Wednesday,	Feb. 15th	2:30-4:30
Week #4:	Tuesday,	Feb. 21st	3:30-5:30
	Wednesday,	Feb. 22nd	2:30-4:30
Week #5:	Tuesday,	Feb. 28th	3:30-5:30
	Wednesday,	March 1st	2:30-4:30
Sat. March 4th, Sham Rock-N-Run 5K			8:30 am



Questions?

Ms. Nichols
 knichols@pacebrantley.org
 OR
Nurse Mahoney
 tmahoney@pacebrantley.org

Fee includes T-shirt and a water bottle plus, entry into the 5k

-----Cut Here and Return-----

EFFECTIVE IMMEDIATELY:
 PARENTS MUST RETURN THIS FORM AND PAYMENT TO THE FRONT OFFICE.
 TEACHERS WILL NOT RECEIVE FORMS OR PAYMENT. PAYMENT MUST ACCOMPANY FORM.

I give my son/daughter permission to participate in the Pace Brantley Running Club
 I have enclosed the \$90.00 activity fee. Check Number _____

Student Name: _____

Parent/Guardian Commitment Signature: _____
 X _____

Contact Info: Phone - _____ Email - _____