

September, 2021



Dear Parents:

Another running season has begun and we would like to bring you up to speed with what is happening with our team.

Our philosophy is to have the maximum number of students participate throughout the season. All students in Grades K to 4 are encouraged to participate. We practice on **Tuesday and Wednesday** lunch hours. The distances covered are 1000 m for students born in 2014 and older and 800 m for students born in 2015 and younger.

These distances correspond with distances used at cross country meets throughout the season at various schools in the system.

Our Cross Country Running Club has been invited to several running meets over the next few weeks. Participation in these events is **optional**. Students are welcome to run at school, and not run in any races. All races begin at 4:15 pm.

If you wish your child to participate, please fill in and return the attached form. There is an entry fee of \$5.00 for each run. **Cash Only Please. Entry fees due September 7th. Unfortunately, we are no longer able to receive late entries.** We need to know numbers in advance to inform the schools hosting the run. The dates and locations are:

- Race #1 - September 9th - Entwistle (Students will need to leave early from school)
- Race #2 - September 16th - Ecole Meridian Heights
- Race #3 - September 23rd - Chickakoo Lake (hosted by Blueberry - leave early from school)
- Race #4 - September 30th - Tomahawk (Students will need to leave early from school)
- Race #5 - October 7th - Woodhaven
- Race #6 - October 14th - Jubilee Park (hosted by Living Waters Christian)

PLEASE SIGN UP FOR A REMIND account using the web or by downloading the app on your phone so we can contact you IN CASE OF RACE CANCELATIONS. Once your account is set up click on add a class, join existing class and type in the following code: f3kk8e (the class name is Running Club 2021).

Millgrove school will no longer be providing running club jerseys. There is an **option** to purchase a Millgrove running club shirt to keep. The cost per shirt is \$10.00. You don't have to have a Millgrove shirt to participate in the runs.

Running club t-shirt order form is attached. Please have it returned to the school with payment by **September 7th**. We will be placing the order that day so no late order forms will be processed.

Parents are expected to provide and arrange transportation for their children to and from the events. If you are driving a child other than your own to an event, you will need to fill out an insurance form at the office.

The students enjoy the meets and it is a fun activity to be a part of during the season. It also gives the members a goal to work towards!

Sincerely,

Mrs. Kouremenos, Mrs. Regan and Mrs. Steigel

Race schedule to keep at home for your reference

Cross Country Running Club Race Schedule

All races begin at 4:15 pm. You must be able to drive your child/children or make arrangements for alternate transportation.

Location	Date
Entwistle School (leave early) 5232 50 St, Entwistle, AB T0E 0S0	Thursday, Sept. 9th
Ecole Meridian Heights School 4119 43 St. Stony Plain, AB	Thursday, Sept. 16th
Chickakoo Lake (leave early) 1128 Township Rd 534, Onoway, AB	Thursday, Sept. 23rd
Tomahawk School (leave early) 4907 50 Ave, Parkland County, AB	Thursday, Sept. 30th
Woodhaven School 475 King St, Spruce Grove, AB T7X 0A4	Thursday, Oct. 7th
Jubilee Park Host Living Waters Christian School 510 Grove Drive	Thursday, Oct. 14th

Cross Country Running Club Race Schedule School Copy

All races begin at 4:15 pm. You must be able to drive your child/children or make arrangements for alternate transportation.

Race schedule - **Return to School by September 7th.**

Location	Date	Child's Full Name (printed) and Class	Gender M/F	Year of birth	Parent Signature	Entry fee paid
Entwistle School (leave early) 5232 50 St, Entwistle, AB T0E 0S0	Thursday, Sept. 9th					
Ecole Meridian Heights School 4119 43 St. Stony Plain, AB	Thursday, Sept. 16th					
Chickakoo Lake (leave early) 1128 Township Rd 534, Onoway, AB	Thursday, Sept. 23rd					
Tomahawk School (leave early) 4907 50 Ave, Parkland County, AB	Thursday, Sept. 30th					
Woodhaven School 475 King St, Spruce Grove, AB T7X 0A4	Thursday, Oct. 7th					
Jubilee Park Host Living Waters Christian School 510 Grove Drive	Thursday, Oct. 14th					
Total cash paid						

Please return this sheet to the school along with your payment for the races your child will be attending.

T-shirt order form is on the back of this page.

T-Shirt Order Form – Return to school by September 7th

Please circle your child's t-shirt size:

Students Name: _____ Home Room Teacher _____

Size	Quantity	Cost (\$ 10 per shirt)
Youth small		
Youth medium		
Youth large		
Adult small		
Adult medium		
Total:		