**RIGGS Running Club 2024-2025**

Roadrunner Parents,

Running club is about to begin. It will meet on Tuesday mornings from 7:40-8:10 starting Tuesday, November 12th. Gates will open at 7:30. Students can get some great cardio in before the day starts!! Students can certainly go above and beyond and run on their own time for extra practice. We will have our 3 races this season and compete against other schools! How does running club differ than cross-country club? We run for fun without times or incentives (no feet tokens), it costs less money, races are scheduled against other schools and shirts are available for purchase.

Important Dates:

Practices Tuesday mornings from November 12th – January 21st.

No practice on race days.

Race #1 – Tuesday, December 3rd @ Snedigar. (3:45 p.m.) This is the race we host.

Race #2 – Tuesday, December 17th @ Snedigar (3:45 p.m.)

Race #3 – Tuesday, January 21st @ Tumbleweed (3:45 p.m.)

The cost is $10. These fees can be paid through Infinite Campus.  Shirts are available for purchase through the attached website. Shirts are not necessary but available for anyone who might want one.

**Running Club shirts can be purchased by October 25th online at:** [**https://createdimages.com/product/riggs-running-club-many-runs-short-sleeve-tee/**](https://createdimages.com/product/riggs-running-club-many-runs-short-sleeve-tee/)

**Running Club Registration Form**

**(Form due by our 1st practice - Tuesday, November 12th \*Shirt orders online only by Oct 25th)**

Student’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(First) (Last)

Homeroom Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_\_\_

Gender (M/F): \_\_\_\_\_\_\_\_\_\_\_\_ (for race label printing purposes)

Parent(s)Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_