

# “Blythe Park Cardio Kids” Fall Running Club

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*“Calling All Marathoners!”*

Blythe Park School will soon begin its fall session of **Cardio Kids**. Students in grades 2-5 are encouraged to join Ms. Gorman and Mr. Bartelt every Wednesday and Friday for a morning walk, jog, or run. **The Cardio Kids Club** understands that individuals begin endurance sports at various levels of proficiency and fitness levels. The mission of this club is to meet students at their fitness level and show them how to develop stamina, strength and speed. Other goals of the club include building friendships and a strong school community. Students will meet every Wednesday and Friday morning from 7:45-8:05 where they will walk or run the Blythe Park Walking Path (warm-up begins in the gymnasium). Parents are always welcome to join us!

As part of the Run/Walk Club, students will be able to:  
*Track and Celebrate Their Progress*  
*Exercise with Friends*  
*Track an Incremental Marathon*  
*Participate in the “The Cocoa Run” (held on the Blythe Park Campus)*

*Please join us for a healthy way to have fun!*

**FALL SESSION DATES: 10/12, 10/14, 10/19, 10/21, 10/26, 10/28, 11/2, 11/4, 11/9, 11/11, 11/16, 11/18**

\*Note: Students who participate in Cardio Kids should come appropriately dressed for the activity.  
(e.g. gym shoes, running shorts/pants, etc.)

**THE COCOA RUN will take place at 7:45 AM on Friday, December 2<sup>nd</sup>**

*Please join us for a healthy way to have fun!*

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## **Blythe Park Cardio Kids Participation Permission Form**

Yes, my child \_\_\_\_\_ has permission to participate in the Blythe Park Cardio Kids program. I understand that he/she needs to be at Blythe Park School by 7:45 AM every Wednesday and Friday morning during the months of October and November.

My child is in:  
 2<sup>nd</sup> grade  
 3<sup>rd</sup> grade  
 4<sup>th</sup> grade  
 5<sup>th</sup> grade

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**PARENT/GUARDIAN SIGNATURE**

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**DATE**

