

# “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 K-5 are encouraged to join Mrs. Gorman, Mr. Bartelt and Mrs. Rehor on Wednesdays and Thursdays 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 Thursday morning from 7:45-8:05 where they will walk or run the Blythe Park Walking Path (warm-up begins in the gymnasium). **Please note that all parents/guardians are welcome to join us, but parents/guardians of students in kindergarten and first grade must be present to walk or run with their child.**

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: 10/3, 10/4, 10/10, 10/11, 10/17, 10/18, 10/24, 10/25, 10/31, 11/1, 11/7, 11/8, 11/14, 11/15, 11/28**

\*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 7:40 AM on Thursday, November 29th**

*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 Thursday morning during the months of October and November.



\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE

My child is in:

Kindergarten     1st grade     2nd grade     3rd grade     4th grade     5th grade

My child's shirt size:

Youth Small     Youth Medium     Youth Large     Adult Small     Adult Medium     Adult Large     Adult X-Large

