

CHINOOK TRAIL CROSS COUNTRY



Dear families:

During the months of September and October, your child will have the opportunity to participate in a running intramural provided by Chinook Trail Elementary School. The intramural will be open to any child in grades K-5. The objective of this program is to improve cardiovascular fitness, while working toward the goal of racing with peers from several District 20 schools.

Practices will be held on the days listed before school from 7:45–8:30 A.M. Each day we will meet in the gym to drop off school bags and proceed to the grass field in front of the school for practice. **SEND YOUR RUNNERS TO SCHOOL PREPARED TO RUN OUTSIDE. **On mornings with rain or snow, practice will be cancelled.**** Races typically will not be cancelled due to weather. If lightning is present, we will wait for it to pass. We will do our best to communicate any last minute changes or concerns due to weather through email and on the school website.

Laps will be recorded at each practice and every student will receive an achievement bracelet and charm for every five miles they complete throughout the club. Charms will be awarded continuously throughout the duration of the club as runners meet their milestones. **The cost of this program is \$20.** Please be certain of the size of the shirt you would like for your runner before circling a size below, quantities are limited.

Each school will race twice on Friday afternoons during the months of September and October with a final all school invitational October 27th. **Parents are responsible for transporting runners to and from each racing event.** The races are for club participants only and volunteers will be needed.

Any funds leftover at the completion of this club will be used toward club scholarships and equipment to support the PE program at Chinook Trail.

<u>Practice Schedule:</u>	<u>Monday</u>	<u>Friday</u>
<u>September</u>	<u>10, 17, 24</u>	<u>7, 14, 21, 28</u>
<u>October</u>	<u>1, 8, 15, 22</u>	<u>12, 26</u>

Race Schedule:

Friday, September 28 – 4:15PM: CTE at Academy Endeavor Elementary

Friday, October 12 – 4:15PM: CTE at Da Vinci Academy

Saturday, October 27 – 8:30AM: All School Invitational Site TBD

When attending racing events at other schools, please be respectful of dismissal times and do not park in the school parking lot. Park on side streets and proceed safely to the starting area.



Save this page for the practice and race dates, return attached form only



Club Participation and Shirt Order

Please sign below if your child will be participating in this program. Also, be sure to fill out the **Assumption of Risk Agreement** on the back of this flyer. Place this form and all funds in an envelope addressed to CTE Cross Country. ***Make checks payable to Chinook Trail Elementary.*** The cost of the club helps pay for the shirts, staff, mileage awards, and food for the final event. If you have any questions about this intramural, please contact Mike Patrizi at 719-234-5780 or email michael.patrizi@asd20.org.

If you would like to order your own shirt in support of the team, indicate size while ordering below.

Include all funds in an envelope with this form: \$20 per runner (student shirt is included in this fee)

Extra Shirts are \$8 each. \$10 for XXL or larger.

Total: \$_____

Student Name: _____ Youth Shirt Size: **S** **M** **L**
(6-8) (10-12) (14-16)

Classroom: _____ Grade: _____

Parent Name: _____ Adult Shirt Size: **S** **M** **L** **XL** **XXL**

Parent Email: _____
Please write clearly (I want to be sure all team communication reaches you)

Volunteer Opportunities

(Must have completed CTES Volunteer Training and be cleared through the district to participate)

Name: _____ Email: _____

Unless already specified above

_____ Morning practice

_____ Friday, September 28th – 4:00 PM to Finish at Academy Endeavor

_____ Friday, October 12th – 4:00 PM to Finish at Da Vinci Academy

_____ Saturday, October 27th – 8:00 AM to Finish at Final Invitational

Practice volunteers: Run with athletes during a part of or throughout practice, encourage athletes, monitor lap sticks, post-practice lap recording, organize club materials

Race day volunteers will place race bibs on runners, show runners the course, warm-up and pre-race stretching routines, take runners to the start line, monitor turns in the course, pull bibs from runners entering the chute, keep parents and other spectators out of the finishing chute. This is a list of jobs, not the expectations of each volunteer. Some jobs are specific to the home course. Each school is responsible for providing specific volunteering jobs to their home volunteers to ensure safety of all participants. Volunteer needs at away meets will be on an "as needed" basis.