

## Jr. Soul 2 Sole ~ 2015 ~ 5<sup>th</sup> Graders

Race Day ~ Saturday, May 16, 2015 at Clark Lake Spirit Trail

Clark Lake County Park on Ocean Beach Road

Arrival Time ~ 8:00am for Pre-Race Stretches

Start of 5K Run ~ 8:30am

**Jr. Soul 2 Sole:** 5<sup>th</sup> Grade will be partnering with the Soul 2 Sole Running Club of Clark Lake for a 6-week program for our kids to train and complete a 5K run on the Clark Lake Spirit Trail!

This is an after-school program where the 5<sup>th</sup> Grade Teachers and Soul 2 Sole members will properly train the Jr. Soul 2 Sole members with gradual increase of mileage and provide motivational running techniques along the way!

**Jr. Soul 2 Sole MISSION:** Jr. Soul 2 Sole (**Friendship and Running**) is a running club designed to enjoy the lifelong benefits of running, goal-setting and the reward of running a 5K (3.1 miles) race with our friends!

**When:** Tuesday and Thursday, right after school until 4:00pm. Please pick up your child at 4:00pm at the rear door of Columbia Middle School by the Track. Students may ride the After School Bus.

**Dates:** Tuesday, APRIL 7 – Thursday, MAY 14, 2015. 5K Run on Saturday, MAY 16.

**Cost:** \$10.00! **Includes:** Race Day T-Shirt, Race Day medal, Awards for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place Finishers and healthy treats on special days.

Checks payable to Columbia Middle School with the attached Participation/Permission Form.

MEETING DATES	TUESDAY	THURSDAY
WEEK 1	APRIL 7	APRIL 9
WEEK 2	APRIL 14	APRIL 16
WEEK 3	APRIL 21	APRIL 23
WEEK 4	APRIL 28	APRIL 30
WEEK 5	MAY 5	MAY 7
WEEK 6	MAY 12	MAY 14
5K RUN!	SATURDAY	MAY 16 @ 8:00am

**I**   
**RUNNING**  
**(when i'm done)**

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JR. SOUL 2 SOLE Participation Form

PLEASE RETURN FORM & \$10 check/cash to CMS BY MONDAY, MARCH 23, 2015

RECEIVE YOUR TRAINING LOG & BEGIN TRAINING DURING SPRING BREAK 2015!

STUDENT NAME: \_\_\_\_\_

5<sup>th</sup> Grade Teacher's Name: \_\_\_\_\_

PARENT PERMISSION SIGNATURE: \_\_\_\_\_

EMERGENCY PHONE NUMBER: \_\_\_\_\_

Medical Information / Food Allergies (for snacks): \_\_\_\_\_

Do you want to be a Jr. Soul 2 Sole PARENT VOLUNTEER?

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

5<sup>TH</sup> Grader JR. SOUL 2 SOLE RACE DAY T-SHIRT SIZE: PLEASE CIRCLE ONE:

SMALL

MEDIUM

LARGE

X-LARGE