**Introducing the John Baldwin PTA Running Club!**

“Catch the Cougar” - Every Friday before school

What a great way for students to start the day! The John Baldwin PTA Running Club (JB Run Club) was started to teach kids to be more physically fit, promote an active and healthy lifestyle while having fun! The JB Run Club is supported by the PTA and run by parent volunteers.

**Class Dates**

Every Friday before school, except teacher workdays and holidays. We will count “make-up miles” or reschedule when possible.

**Who can participate?**

1st grade - 5th grade, parents, and teachers

**Early Workers**

7:45-8:30am

**Late Workers**

8:30-9:15am

**Location**

John Baldwin Track (by the baseball diamond)

Donation of $20 includes:

- Once a week running session before school
- Short sleeve JB Run Club technical running shirt
- Toe token for every 5 miles the student completes and other milestone awards

This running club depends on volunteer support. We will be asking for parent volunteers to help during Friday sessions through the remainder of the school year.

We look forward to seeing our runners out there!!

Lee Loughnane
925-639-3531
lee.loughnane@gmail.com

Evan Ford
925-408-3305
e40po@yahoo.com

Rory Holland
925-768-5700
rory.holland@gmail.com

Overview YouTube for parents:  [http://youtu.be/gmha6u8rmTA](http://youtu.be/gmha6u8rmTA)

JBTV YouTube:  [http://youtu.be/V0wkn3Sw9pM](http://youtu.be/V0wkn3Sw9pM)

To register please complete the section below and submit with check made out to “JB PTA” and return to the basket in the office by April 4th, 2013

Students Name: ____________________________________________

Teacher/Grade: ____________________________________________

Email: _____________________________________________________

Phone: _____________________________________________________