

The Edmonds School District

MARCH MILE

a mile run on the track

for Elementary School Students

Thursday, March 6, 2014

Mountlake Terrace High School

21801 44th Avenue, W.

Mountlake Terrace

Race Schedule (may be modified, depending on entries)

4:30 PM Kindergarten/1st and 2nd Grade

4:45 PM 3rd and 4th Grade

5:00 PM 5th and 6th Grade

RIBBONS TO ALL FINISHERS

There Is No Entry Fee!!

QUESTIONS??

Alan Bonney, Ass't Track Coach at Edmonds Woodway HS abonney1@hotmail.com

Todd Weber, Cross Country Coach at Mountlake Terrace HS webert@edmonds.wednet.edu

Jenni McCloughan, District Move 60 Coordinator mccloughanj@edmonds.wednet.edu

Jennie Hershey, District Move 60 Coordinator hersheyj@edmonds.wednet.edu

Entry blanks will be in each ESD school in early February

Dear Running/Fitness Enthusiast:

The first-ever Edmonds School District “MARCH MILE” for elementary school students will be held on Thursday, March 6 at Mountlake Terrace High School. The first of three races will start at 4:30 PM. We will run grades K-2; 3-4; and 5-6, in that order. Boys and girls will run together.

This will be an exciting opportunity for students to have fun and test their fitness as we approach spring! Everyone will be running 1 mile on the track.

Schedule of events:

4:30 PM	Grades K-2
4:45 PM	Grades 3-4
5:00 PM	Grades 5-6

Every participant will receive a special finisher ribbon when they finish.

We hope that you will encourage all of your students to participate. There is NO entry fee. The goal of the event is to allow each participant to experience a sense of accomplishment when they finish. The event will be timed.

Posters and entry forms will be delivered by February 7th, and we hope you will place them in visible locations within your school.

Please return all completed forms to Alan Bonney at EW through District mail by Tuesday, March 4. Participants will be able to enter on the day, but advance registration is appreciated.

Questions:

Jenni McCloughan, Move 60 Coordinator
Alan Bonney, Edmonds Woodway
Todd Weber, Mountlake Terrace
Jennie Hershey, Move 60 Coordinator

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Assumption of Risk/Permission to Participate

As a parent or guardian of a student requesting to register for participation in the **ESD March Mile**, I hereby acknowledge that I have read, understood, and agree to the following:

1. I acknowledge that the sport of running entails many risks of injury, even when played in an instructional clinic environment. These risks of injury include, but are not limited to, death, serious neck and spinal injuries (which may result in complete or partial paralysis), brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, general health, and well-being. _____ (Parent initial)
2. I further certify that my child has no medical or physical conditions which could interfere with his/her safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition. _____ (Parent initial)

Medical Information

The following special health problems should be noted: _____

In the event of an emergency, I wish the following person to be notified in case I cannot be contacted:

_____ Phone: _____

Medical Release

In the event of an accident or illness, I understand that reasonable effort will be made to contact the parent/guardian immediately. However, if I am not available, I authorize the Edmonds School District to secure emergency medical care as needed.

Name of Preferred Doctor _____ Phone: _____

Medical Insurance

I understand that I am assuming financial responsibility for medical expenses that may arise from my child's participation and that **the Edmonds School District requires but does not provide medical insurance for my child**. I certify that my child has current medical coverage under the following plan:

Health Insurance Carrier: _____ Plan Number (required): _____

All participants are required to have medical or student accident insurance. Student accident insurance is available through your school. Contact your school's main office, head coach, or school athletic trainer for information.

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Although I understand that the Edmonds School District will make reasonable effort to provide a safe environment, I am fully aware of the special dangers and risks inherent in participating in this activity, including physical injury and/or death. Being fully aware of the risks, I hereby give permission

for _____ who attends _____
(Student) (School)

to participate in the **ESD March Mile on March 6, 2014 at Mountlake Terrace HS**, for the purpose of practicing fundamental running skills in order to enhance skill and performance level.

Parent/Guardian Name _____ **Home Phone** _____
(please print)

Address _____ **Work Phone** _____

Parent/Guardian Signature _____ **Date** _____