

“Blythe Park Cardio Kids” Spring Running Club



“Calling All Marathoners!”

Blythe Park School will soon begin its spring session of **Cardio Kids**. Students in grades K-5 are encouraged to join Mrs. Gorman, Mr. Bartelt and Mrs. Rehor on Tuesdays 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 Cardio Kids is to foster an appreciation for the sport of running. We live our mission by meeting students at their individual fitness levels and creating natural and relevant opportunities to build running stamina, strength and speed.

Other goals of the club include building friendships and a sustaining a strong, supportive school community.

Students will meet every Tuesday 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

Run/Jog/Walk an Incremental Marathon

Participate in the “The Final Run” (held on the Blythe Park Campus preceding the Aces Walk)

Please join us for a healthy way to have fun!

SPRING SESSION DATES: 4/9, 4/11, 4/16, 4/18, 4/23, 4/25, 4/30, 5/2, 5/7, 5/9, 5/14, 5/16, 5/17

*Note: Students who participate in Cardio Kids should come appropriately dressed for the activity.
(e.g. gym shoes, running shorts/pants, etc.)

THE FINAL RUN will take place preceding our ACES Walk at 8:30 AM on Friday, May 17

Please join us for a healthy way to have fun!

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 Tuesday and Thursday morning during the months of April and May.

My child is in:

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



PARENT/GUARDIAN SIGNATURE

DATE

