



Dear Parents,

Your child is invited to participate in the “Kids for Running” program offered by the Bellin Run and coordinated by parents and teachers at our school. Kids for Running is an after-school program that prepares children to run the 10K (6.2-mile) Bellin Run on June 8, 2019.

I will be serving as our team captain and will be coordinating our training runs. Training will begin on Tuesday, April 2nd and end on Thursday, June 6th. Training runs will be held after school on Tuesdays and Thursdays. Each session will begin with a light warm-up. We will begin with short distances and gradually increase our mileage, leading up to the Bellin Run.

Parents and family members are welcome to train with us and serve as chaperones. In addition, we are in need of volunteers to assist with water stations along the training route, along with other support roles.

Through the Kids for Running program, participants receive a discounted registration fee of \$15 for the Bellin Run. That includes your child’s race bib, timing chip and official Bellin Run T-shirt.

The after-school training program is free — and by participating in the Kids for Running program, your child will also receive a Kids for Running T-shirt.

All participants must: 1) complete and return the enclosed permission slip; and 2) register for the event. Online registration instructions are enclosed. (Please indicate on the permission slip if you do not have Internet access or a credit/debit card, so I can register you.)

All Bellin Run participants from our school who register by May 1 will have their race packets delivered to the school.

If you have any questions or would like to help, please email me at [srohde@depere.k12.wi.us](mailto:srohde@depere.k12.wi.us) or call at 920-337-036 EXT 3209.

Thank you for supporting this health community activity!

Sara Rohde

Coach Sara Rohde

Enclosed: Registration Instructions  
Permission Form

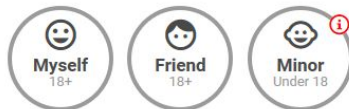
# Online Registration

1. Go to [www.bellinrun.com](http://www.bellinrun.com).
2. Click **Register Online**
3. Click **Sign Up**
4. Enter basic information

Registrant #1

Clear all fields

Who are you registering? \*



Basic Info

First Name \*

Last Name \*

E-mail Address \*

Confirm E-mail \*

Password \*

Confirm Password \*

To be able to access / edit your registration.

5. Enter additional information

Additional Information

Date of Birth \*

Format: mm/dd/yyyy  
Used for age group calculations

Gender \*

Male  Female

Phone \*

Format: #####-####

Address

Street Address \*

Country \*

Zip Code \*

City \*

State \*

6. Choose your event – select box **Kids for Running** and in drop down box – select **Kids for Running - \$14.22 Event Fee – Sat. June 8**

Choose Your Event(s) \*

<input type="checkbox"/> 10K	(Select One) ▼
You must click the checkbox first.	
<input type="checkbox"/> Kids for Running	(Select One) ▼
You must click the checkbox first.	
<input type="checkbox"/> Children's Run	(Select One) ▼
You must click the checkbox first.	

7. Waiver section – check box and hit continue

8. Click **Join an Existing Team**

9. Select **Team-114**

10. Questions Section: Shirt Sizes, Pace, Emergency Contact, and Payment

# Kids For Running Permission Form

**This form must be completed by all participants in the Kids for Running after-school training program.**

\_\_\_\_\_  
Name of Child (Please Print)

\_\_\_\_\_  
Parent or Guardian Name (Please Print)

In case of emergency, I can be reached at \_\_\_\_\_

Primary Doctor: \_\_\_\_\_ Hospital of Choice: \_\_\_\_\_

\_\_\_\_\_

Medical conditions we should be aware of: \_\_\_\_\_

Will you be able to assist with training? \_\_\_\_\_

Contact me for assistance in getting my child registered as I do not have a debit/credit card or access to the Internet. Contact phone number: \_\_\_\_\_

## **BELLIN RUN – KIDS FOR RUNNING**

### RELEASE FROM LIABILITY AND INDEMNIFICATION AGREEMENT

This Release from Liability and Indemnification Agreement must be read and agreed to in order to participate in the Bellin Run Kids for Running Program. This Release from Liability and Indemnification Agreement pertains to all children participating and parent(s) or legal guardian(s) that may participate with their children in the Bellin Run Kids for Running Program or the Bellin Run. Registrations for minors must be made by a parent or legal guardian herein referred to as "Guardian." The term "Participants" shall refer to all children listed and included as registrants.

By participating in the Bellin Run Kids for Running Program and the Bellin Run I agree to the following on behalf of myself and Participant:

I HEREBY RELEASE, WAIVE, AND DISCHARGE (1) Bellin Memorial Hospital, Inc., its officers, directors, employees, contractors and agents; (2) the City of Green Bay; (3) the Village of Allouez; (4) all municipalities including any and all of their agents, employees, assigns, volunteers or anyone acting for or on their behalf (5) the Green Bay Area Public School District; (6) all school districts, including any and all of their agents, employees, assigns, volunteers or anyone acting for or on their behalf; and (7) any and all agents, volunteers, operators, owners, contractors and lessees of the premises used to conduct the Bellin Run Kids for Running Program or the Bellin Run (hereinafter collectively referred to as "Releasees"), from any and all claims, liability, losses, costs, including attorney fees, causes of action or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of training for or participating in the Bellin Run Kids for Running Program or the Bellin Run or related events.

I HEREBY AGREE TO INDEMNIFY AND HOLD HARMLESS the Releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the Participant in any way participating in the Bellin Run Kids for Running Program or the Bellin Run, and I acknowledge that running or similar physical activities can be potentially hazardous and I assume full responsibility for and risk of bodily injury, death, or property damage arising out of or in the course of training for or participating in the Bellin Run Kids for Running Program or the Bellin Run.

I HAVE READ AND VOLUNTARILY ACCEPT THE RELEASE FROM LIABILITY AND INDEMNIFICATION AGREEMENT, AND HEREBY WAIVE THE RIGHT I HAVE TO BARGAIN FOR DIFFERENT WAIVER OF LIABILITY TERMS.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Signature