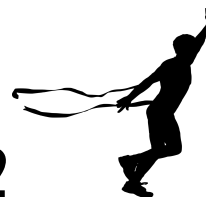




Run for Fun Club - April 2022



It's that time of the year again to sign up and register for the BMS Run Club - Run for Fun!!

Registration starts Wednesday March 23rd and runs till April 8th. Cost for students is just \$5 that will allow for prepared snacks for runners. BMS run club is a great way to exercise, build positive friendships, and prepare for the annual Bluffview Montessori 5k/10k fundraiser/race event!

Program structured: The club will run after school, Monday/Wednesday 2:30pm-3:30pm, for 1st-8th grade students. It will run Apr 6th to May 11th, with the 5k Saturday morning, May 14th!!

We welcome parent volunteers whether you are a beginner, runner enthusiast, or a top tier race competitor. Your presence and knowledge will definitely impact our club! Email any questions or interests to Mr. El at emcclatchey@bluffviewmontessori.org, if interested.

Info: Mondays, we will focus on running form, drills, and some relays for fun! Wednesdays will be a 20-30 minute walk/run. There will be a healthy snack each day and talk about healthy eating. Volunteers are welcomed to join us run as well as walk with different ages and ability levels. If interested again in volunteering, let us know by April 4th.

Thank you kindly and see you soon!

Mr. El, Physical Education Teacher, Bluffview Montessori
emcclatchey@bluffviewmontessori.org
507-452-2807

Please return this form by Friday, April 8.

My child _____ will participate in the Run for Fun Club.

I, _____ would like to volunteer to run/walk with the club.

Parent
Signature _____