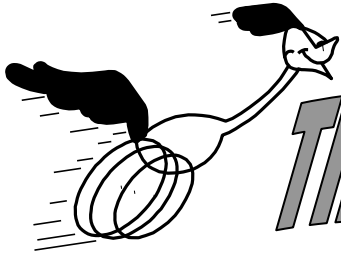


Back by Popular Demand!

The Roadrunners Running Club



Meetings Begin MONDAY, SEPT. 20th

Weekly Roadrunners Club meetings will take place Monday mornings at 8:00 a.m., beginning September 20th. There will be a total of six meetings. We'll meet in the gym, and then head outside to the field, weather-permitting. Our club meets rain or shine – if it's wet outside, we stay in the gym!



No Experience Necessary -- All Ages Welcome!

The Riverfield Roadrunners Running Club is a fun, non-competitive group of students, siblings and parents interested in promoting fitness, teamwork and healthy habits. Each week we'll embark on a new running adventure with a fun-filled theme. We'll set goals, chart our progress, and record each milestone in a special Roadrunners Running Log. We'll also learn proper warm-up and stretching routines, and talk about healthy nutrition and hydration. Runners will be invited to participate as a team in fun weekend events around town. 3rd, 4th & 5th graders will have the chance to run in afterschool meets with other Fairfield schools.



Get Your Week Off to a RUNNING Start!

Regular physical exercise helps students to focus better academically, feel better about themselves and stay fit! Give The Riverfield Roadrunners Running Club a try, and see the benefits for yourself! Please complete and return the form below to the Main Office by Friday, September 17th to guarantee a Club T-shirt for your child(ren). If you have any questions or you'd like to help out, please contact Jeannine Graf at grafcopy@yahoo.com or Amy Gagnon at AGAGNON@fairfield.k12.ct.us.



-----✂ Detach and return bottom portion by 9/17/10-----

YES

Sign me up for the FALL 2010 Season of The Roadrunners Running Club!

Runner#1: _____ Class: _____ T-shirt Size (circle one): Youth- S / M / L , Adult- S / M / L

Runner#2: _____ Class: _____ T-shirt Size (circle one): Youth- S / M / L , Adult- S / M / L

Runner#3: _____ Class: _____ T-shirt Size (circle one): Youth- S / M / L , Adult- S / M / L

Parent Contact: _____ E-mail: _____

**Parent /e-mail contact information is required for meeting reminders and race information.*

PARENTS, please check here if you can volunteer at the morning meetings:

****CLUB DUES ARE \$5.00 per CHILD. Please indicate amount enclosed, and type of payment:**

I have enclosed \$ _____ in Cash or Check (Make checks payable to Riverfield PTA.)



HELP NEEDED!

Please return form with payment to Main Office by Fri. Sept. 17th