



Blue Ridge Running Club

Training: The goal of the running club is to have fun while improving cardiorespiratory endurance through running! The training will include various running workouts and games.

Details: The BRMS Running Club will meet Tuesday and Thursday mornings starting October 3rd through November 9th (NO meetings on 10/31 and 11/7). We will meet from 8:05-8:40 AM at the BRMS track (rain plan is in the gym).

Cost: The cost of the running club is \$85, and this fee includes a running club t-shirt. BRMS PTO is sponsoring this activity and financial assistance is available.

**For more information please contact Mrs.
Willingham: stephanie.willingham@lcps.org
or the Blue Ridge PTO**

**For more information please contact Mrs. Willingham: 540-751-2520, or
stephanie.willingham@lcps.org.**

Hope to see you at the Track!!!!

Student Name: _____

Grade: _____

My BRMS student has permission to participate in the Blue Ridge Running Club. I give permission for them to attend Tuesday and Thursday morning runs starting Tuesday October 3- November 9, 2023 (no meetings 10/31 and 11/7).

Parent Name:

Parent Signature: _____ Date _____

Parent Email _____

phone # : _____

Cash _____/check # _____

***BRMS Running Club t-shirt adult size: S M L**