

CALLING all 4th-8th grade students for our Cassell Running Club!!!



Let's show our school spirit and join the race! Cassell will be competing against schools in the neighborhood while raising money for our 19th ward in the upcoming Memorial Day ridge run! ☺

Running is a great way to meet new friends, show school spirit, set and accomplish goals, and display your love for health and fitness!!!

****Love the Neighborhood You Live In!****

Who's up for the challenge???? Ready to dig deepthen join our Cassell running club!!!

Anyone interested in joining the club or attending the upcoming meeting to learn more please call/text/email club coordinator: Christi Livingstone [773-459-6714](tel:773-459-6714) Email : clpt@wowway.com or submit the bottom portion of this flyer by Friday, March 10th.

There will be a meeting tomorrow, Tuesday, March 7th from 3-3:30 in the multi-purpose room Cassell to discuss all details regarding program and race!

I hope to see you all step out of your comfort zone and try something new!!!

RACE TO THE RIDGE RUN 2017 10-Week 5K Youth Training Program
RACE TO THE RIDGE RUN

This 10-week 5K training program prepares youth for the Beverly Area Planning Association's 40th **Annual Ridge Run on May 29, 2017.**

The program should begin the week of March 20 and include two group, 1-hour practices per week. Runners and their parent(s) are encouraged to complete one additional run per week leading up to race day.

Cassell Running Club Interest Form

Student Name: _____ Grade: _____

_____, Yes, I am interested in joining the Cassell Running Club. I know an official registration packet and fee will be sent home soon. This is an indication of my interest in participating in the program.

Parent Name: _____

Parent Email: _____ Parent Cell #: _____

Please return to school by Friday, March 10th. Teachers, please send to the office.