



# JOIN UP!

Come join the Dommerich Running Tribe and earn prizes as you accumulate miles with our before-school running program! Starting September 12, 2017, students meet together every Tuesday and Thursday at 7:45 am on the PE fields. Participants run laps for 30 minutes and then are sent to the back entrance of the school where they are supervised by school staff until school opens. All ages are welcome. Parents and siblings are also welcome to run, they just cannot earn prizes. It is suggested that during the first weeks of Tribe, Kindergarten students be accompanied by a parent or older sibling to help ease any drop-off tears. Parents are kindly asked to exit the school campus by 8:15 a.m.

Special note: Please do not drop off your children prior to the 7:45 a.m. start time. There will be no adult supervision until the club's start time.

We are in need of parent volunteers to come out and help when possible. Please indicate below if your schedule allows you to come out and help. Dates to sign up will be given out later in the fall.

If you are interested, please complete the form below and return. And be sure to like our Facebook page, "[Dommerich Running Tribe](#)," for pictures and updates on special events!

If you have any questions, please contact Natalie Ferguson, [NatalieZL@hotmail.com](mailto:NatalieZL@hotmail.com) or Massie Wanzenberg, [Mwanzenberg@icloud.com](mailto:Mwanzenberg@icloud.com).

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Student's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Would you be able to help out some days (Y/N): \_\_\_\_\_

Best Contact Phone Number: \_\_\_\_\_

Email address: \_\_\_\_\_

PLEASE PRINT EMAIL ADDRESS CLEARLY. THANK YOU!

In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs and executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against Dommerich Elementary, Dommerich Elementary PTA, Orange County Public Schools, and their sponsors for the event which I am entering, any subsidiary or political division thereof, of their respective officers, agents, directors, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the Dommerich Running Club. If I should suffer injury or illness, I authorize officials of the school to use their discretion to have me transported to a medical facility, and I take full responsibility for these actions. I attest and certify that I am physically fit and am capable of participating in the Dommerich Running Club. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recording or any other record of this event for any purpose.

I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

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Signature required (parent signature for minor)

date