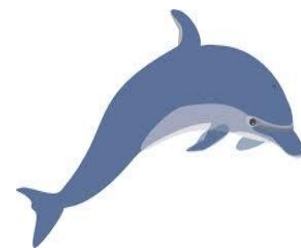




Riptide Runners



What:

CFCI Riptide Runners is a running program that is offered by CFCI staff and parents. We strive to increase our students' knowledge of team building, and maintaining a healthy life style, as well as placing a strong emphasis on building cardio endurance over an 8 week period.

Who:

3rd grade - 8th grade boys and girls are invited to register. We have volunteer coaches who are willing to take our students to their maximum potential. **The number of runners that we can accept depends on how many volunteer coaches we have.**

Where:

CFCI will be the main practice and learning environment. However, our coaches will create after school field trips for runners based on availability and transportation.

When:

The first practice will be on Tuesday, February 28th. We will meet Tuesdays and Thursdays from 3:35 - 4:35. The last meet will be our race on April 29th, at Mayfaire Town Center where students will participate in the 5K Coastal NC Run / Walk for Autism.

Why:

Students will learn how to build cardio endurance but also learn about hydration, teamwork, self-esteem, anatomy and physiology, information on being in a race, and information on Autism.

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Cost:

The cost for students is \$65. The \$65 includes registration for the Autism 5K run, CFCI Riptide Runners T-shirt, Autism Society T-shirt, special gift, running bib with timing chip, 8 weeks of an extracurricular activity hosted by CFCI, and a sponsored *Chili's pasta dinner* held at CFCI. All students need a running buddy for the Autism run on April 29th. **CFCI IS NOT RESPONSIBLE FOR YOUR CHILD DURING THE AUTISM RUN.** EACH CHILD NEEDS A SUPERVISING ADULT. REGISTRATION FOR THE AUTISM RUN IN MAYFAIRE IS \$25 IF YOU CHOOSE TO PARTICIPATE IN THE RUN. We will give you the directions on how to sign up as a running buddy later in the season. There is a FREE option to be a supervisor at the Autism run for your child; however, you will not get a T-shirt OR a running bib with timing chip.

Payment is due to Mr. Rheel by February 3rd, 2017.

Mandatory parent meeting will be on February 21st at 3:35 in the multipurpose room. If you cannot make this meeting, please contact Michael Rheel at mrheel@cfc.net.

If in need of financial assistance, please contact Michael Rheel at mrheel@cfc.net

Dates to remember

Registration Due – February 3rd

Parent meeting – February 21st

1st practice- February 28th

Miracle League volunteer day – March 25th

Chili's Pasta Dinner – April 28th

Autism Run – April 29th

Riptide Runners

Riptide Runners REGISTRATION FORM

Do not email back this form.

Please print and fill out all of the information. Attach a check made out to CFCI in the amount of \$65, and return to Michael Rheel or your child's teacher by February 3rd.

If in financial need, complete and return the registration form only and Michael Rheel will be in contact with you.

Student name: _____ Grade: _____

Age: _____ Birthdate: _____

T-shirt size (Please circle one): **YM** **YL** **S** **M** **L** **XL**

Parent's name: _____ Email: _____

Cell phone: _____

Emergency contact name: _____ Phone: _____

Child medical information i.e allergies, asthma, medications, etc.