

Run For Fitness

Saturday, March 16, 2019

Gilroy Unified is proud to announce that we will have our Annual Run for Fitness event on Saturday, March 16, 2019 at Gilroy High School on the track & field area! We value healthy lifestyles and are holding this event to encourage our students to stay fit and healthy. This is a FREE event offered to our TK- 12th grade students. We also are inviting St.Mary, Gilroy Prep School, and Pacific Point Christian School to participate.

SCHEDULE: Each grade level will have a scheduled time to check in and run laps. All students who participate will be awarded an official "Run for Fitness" T-shirt when their scheduled run is completed. **We will run rain or shine!**

Gilroy High School Track & Field

Grade	Course/ Distance	Check-In Time	Run Time	Location of Run
TK- K	.75 Miles	8:15	8:45	Track Only
1	1 Mile	8:30	9:00	Track & Field Course*
2	1 Mile	8:45	9:15	Track & Field Course*
3	1 Mile	9:00	9:30	Track & Field Course*
4	3 Miles	9:15	9:45	Track & Field Course*
5	3 Miles	9:30	10:00	Track & Field Course*
MS & HS	3 Miles	9:45	10:15	Track & Field Course*

* The field course veers off of the track behind the GHS field. It is adjacent to the track.

STUDENT REGISTRATION INFORMATION:

Please turn in the completed registration form to your child's teacher by **March 1st**. Parents are required to provide adult supervision of their child(ren) to, from, and during the Run Fitness area. **The run is intended for students only.**

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Please detach and return to your child's teacher. Arrive at your child's scheduled check-in time.

In consideration of accepting this entry, I do hereby, for myself, my child, my heirs, executors, and administrators waive, release and forever discharge any and all claims which I or my child may have or which hereafter accrue to me against the sponsor, Gilroy Unified School District or their respective employees for any and all injuries suffered by me or my child in connection with this event. I understand that I am responsible for my child's participation and for transportation to and from Gilroy High School. I give my child permission to participate in the GUSD Run for Fitness event.

Parent Signature: _____ Date: _____

Name of Participant (PRINT): _____

School: _____ Grade: _____ Teacher(PRINT): _____

T-Shirt Size(CIRCLE) Youth/Adult: Y(S-6/8) Y(M 10/12) Y(L-14/16) A(S) A(M) A(L) A(XL)