



2nd Annual 2023 Runnin' with the Redbirds 1 & 2 Mile Cross Country Race at De Pere High School

Attention De Pere Kindergarteners through 4th graders! The De Pere Redbird High School cross country team would like to invite you to join them in a fun filled 1 or 2 mile cross country run on Friday, October 6, 2023 at De Pere High School.

If interested, please fill out the permission slip on the back and return to your child's elementary school's office - Attention: Chris Hendricks (4th grade teacher - Dickinson) by Friday, September 15, 2023 in order to ensure a t-shirt for your runner. Registration is \$15 per student runner. All student runners will get a race shirt and finishing ribbon, with \$5 of each registration benefiting the De Pere Cross Country and Track & Field Booster Club. Please complete one registration for each student you have participating. Parents, older siblings, or adult running buddies may also choose to purchase a run t-shirt for an additional \$15 each.

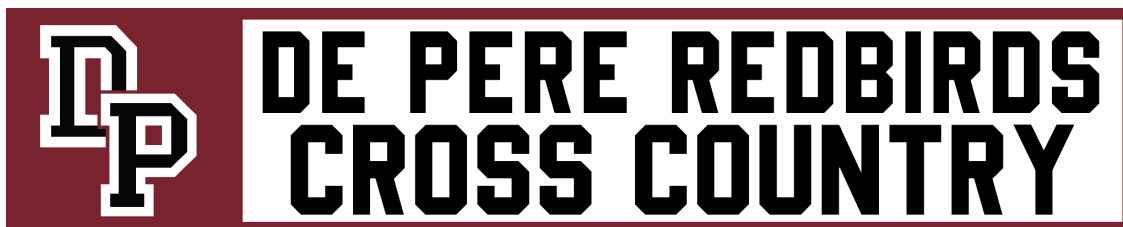
More Information:

- Park in the district office parking lot (west side of the high school building) or on Merrill Street
- There will be two cross country run options:
 - 1 mile run - around the west high school campus (between DPHS and Dickinson Elementary)
 - 2 mile run - will loop the 1 mile route twice
- **Warm-up and Run times:**
 - 1 mile run warm-up with the team - 5:15 PM, Run at 5:30 PM
 - 2 mile run warm-up with the team - 5:45 PM, Run at 6:00 PM
- There will be a time display at the finish line of the race
- Music will be playing throughout the event to keep everyone hyped and energized
- We will have a lead and trail bike rider from the DPHS Bicycling Club
- The course will be marked with cross country marking flags: blue flags (straight), yellow flags (right hand turn), red flags (left hand turn) and a solid line
- DPHS CC runners will lead all runners in a brief warm up, team cheer, running alongside the kids, and be stationed throughout the course indicating turns and cheering for the runners
- Music and announcements will be provided by DPHS cross country coaching staff
- **It is required that students in Kindergarten-2nd have a parent, an older sibling, or an adult buddy to run with them on the course.**
- **It is recommended that students in 3rd-4th have a parent, an older sibling, or an adult buddy, but not required.**
- It is also recommended that students wear comfortable shoes (no sandals, crocs, etc) and clothing for outdoor running. The run will go on in most conditions, with exception or heavy rains or any thunder/lightning storms.

"All it takes is all you've got!"

If you have any questions, please email:

Coach Chris Hendricks (chendricks@depere.k12.wi.us) or Coach Jackie Joseph (jjoseph@depere.k12.wi.us)



2023 Runnin' with the Redbirds Permission Form

My son/daughter _____ has permission to participate in the "Runnin' with the Redbirds" cross country run. I give permission for the run organizers to administer first aid treatment and/or allow a physician or hospital to administer treatment to my child in case of emergency. I waive and release any and all rights, claims, and causes of action I have or may have against my child's school that may arise as result of my child's participation in the cross country run.

Student's school: _____ Student's grade: _____

Teacher's name: _____ T-shirt size: _____
(Indicate Youth XS-XL or Adult XS-XL)

Run choice (choose one): _____ 1 mile run _____ 2 mile run

Parent's name: _____ Email: _____

Primary phone: _____ Secondary: _____

Emergency contact: _____ Phone: _____

Parent's signature: _____

Parent(s), older sibling(s), or adult buddy runner(s) who are planning to run. **T-shirts are optional at \$15 each.**

Name: _____ T-shirt size: _____
(Indicate Youth XS-XL or Adult XS-XL)

Name: _____ T-shirt size: _____
(Indicate Youth XS-XL or Adult XS-XL)

Payment Choice (select one):

- ☐ Venmo - please send @DPHS-TrackCC - in comment include names of participants
- ☐ Cash - please send exact cash amount
- ☐ Check - made out to: **De Pere Cross Country Booster Club** with "Runnin' with the Redbirds" in the memo line

Return with this form, along with payment, to your elementary school's office with attention:
Chris Hendricks (Dickinson Elementary - 4th grade teacher) by Friday, September 15th.

You may register after September 15th or the day of, but will not be guaranteed a t-shirt.

Total runners registering _____ Amount paid _____