

NCS *Running Club*

For all Middle School Students!

When: March 24-April 25 and June 1-June 12

Days: Monday, Tuesday, Wednesday

Where: NCS Track and Northfield Bike Path

Advisor: Mr. Dan Kern



Numerous studies have shown that you are more likely to exercise if you are with friends!

- Run three times a week on the bike path for 20-30 minutes each day.
- Plan a health awareness campaign and an "Extreme Fitness Friday"
- You will learn the basics on running and proper nutrition.
- You will be more fit, get to hang out with friends, and be a part of Northfield's Healthy Community.



Runners will need a Physical Form completed. Forms are available in the MS Office or on our website:

www.ncs-nj.org

____I give my son/daughter permission to participate in the Running Club after school on MTW to run on the NCS track and the bike path. I know that the club will meet from 3pm to 3:45pm. I understand that a Physical Form is required for my son/daughter.

____I will provide transportation for my son/daughter at 3:45 PM.

____I give my child permission to walk home at 3:45 PM. I understand that the crossing guards are no longer on duty.

Signature of Parent/ Guardian _____

Student's Name _____ Phone: _____

Homeroom Teacher _____ Grade _____

Please turn in this [Permission Slip](#) and [Physical Form](#) to Dr. Ferguson, MS Office [by March 23, 2009.](#)