**Langston Hughes Elementary Marathon Club Permission Form**

**Participant’s Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Parent/Guardian’s Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**School Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Grade:** \_\_\_\_\_\_\_\_\_\_

**Event/Program: Langston Hughes** Elementary Marathon Club  
**Dates:** Fall 2024 and Spring 2025  
**Location:** De Victor Park  
**Coordinator:** Meredith Johnanning/Jen Lundstrum

**Description**

Marathon Club is a free program through the Langston Hughes PTO that runs on Monday mornings (7:45 am-8:15 am) and on Wednesday afternoons after school (1:20-2:00 pm). The program gives children a chance to participate in a non-competitive outdoor activity and encourages exercise. The kids walk or run a mile loop under the supervision of volunteers at DeVictor Park to accumulate 26.2 miles, equivalent to a marathon, and earn their finisher shirt. Many children continue to run after they complete their first marathon and are recognized for each additional marathon.

**THINGS TO KNOW:**

* All Langston students, K-5th grades, are encouraged to participate. Parent participation is also encouraged as a volunteer, runner, or walker.
* ***Students must provide a signed consent form. They will not be able to begin without it.*** Extra forms will be available in the office and at Marathon Club.
* *Students* *must* be **picked up by 2:00 pm** at the park if they are not enrolled in the Boys & Girls Club. If your student has permission to walk home after Marathon Club, this must be indicated on the consent form. If parents are habitually late picking up their children from the club (2 or more times), the child will be dismissed from the club.
* Our current weather policy is to cancel if there is rain, snow, icy sidewalks, muddy course, or if it “feels like” 27\* or below. Cancellations are subject to the club coordinator.
* Water bottles are encouraged. Please label them clearly, so they are easily identified.

\*If you would like to volunteer to monitor the course to ensure participants’ good sportsmanship and safety or run with your child, we would love to have you!!! *For the safety of our students, fewer than five volunteers will result in the Marathon club being canceled for the day.*

**RULES OF CONDUCT (Please discuss this with your student prior to participation)**

1. Runners will pass walkers on their left side and alert them by saying, “Passing on the left”

2. Safety is our priority. Any participant who makes poor choices regarding safety will be asked to leave that day and receive a warning. The parents/guardians will be notified. A second infraction will result in the expulsion of the student for the remainder of the year.***Physical violence is not tolerated and will result in the immediate expulsion of the student.***

3. Good sportsmanship is required. This is not a competition or race. We are all striving for the same goal and will meet it at different paces. Cheer for each other!

4. Dress appropriately for the weather, and wear comfortable shoes (NO FLIP FLOPS)

**Waiver and Release of Liability**

As the parent or legal guardian of the above-named child, I hereby give my permission for my child to participate in the Elementary Marathon Club. I understand that participating in this activity involves physical exercise that can be strenuous and may lead to injury. I acknowledge the inherent risks associated with running, including but not limited to trips, falls, collisions, heat-related illnesses, and overexertion.

In consideration of my child’s participation in the Elementary Marathon Club, I agree to the following:

1. **Assumption of Risk:** I understand the nature of the activity and acknowledge that my child is in good physical health and able to safely participate. I voluntarily accept and assume all risks associated with participation in the club.
2. **Release of Liability:** I, for myself, my child, my heirs, and assigns, hereby release, discharge, and hold harmless [School Name], its officers, employees, agents, and volunteers from any and all claims, liabilities, or causes of action arising from injury, loss, or damage to my child, except to the extent that such claims or liabilities are directly caused by the gross negligence or intentional misconduct of any of the released parties.
3. **Medical Treatment Authorization:** In the event of an emergency, I authorize the staff, coaches, or volunteers of the Elementary Marathon Club to obtain any necessary medical care for my child. I understand that I am responsible for any medical expenses that may result.
4. **Behavior and Participation:** I understand that my child is expected to follow all rules and guidelines set forth by the club and its supervisors. I acknowledge that failure to adhere to these rules may result in my child being removed from the program.
5. **Photo/Media Release (optional):** I give permission for photos or videos of my child participating in the Elementary Marathon Club to be used for promotional purposes by the school or district.

**Acknowledgment and Signature**

I have read and understand the above waiver and release of liability and agree to its terms.

**Parent/Guardian Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date:** \_\_\_\_\_\_\_\_

**Emergency Contact Information**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_