

Cross Country Running Club

A cheetah can run up to 72 miles per hour. If it could sustain this speed, a cheetah could run a mile in under a minute.

The American record holder, Alan Webb, can run a mile in 3:46.

The average 6th grade girl runs a mile in 13:02.



Join the cross country club and see how fast and far you can run! Learn about the sport of cross country running and prepare to race in St. Paul's Catholic Athletic Association CC meet.

WHEN: Cross Country Running Club will meet at MMSA three times:

Friday, September 16 2:45-3:45

Thursday, September 22 2:45-3:45

Wednesday, September 28 2:45-3:45

GRADES: Students in grades 5-8

CROSS COUNTRY MEET: Running club is designed to help prepare students for the CAA Cross Country Meet on Saturday, October 1 at 8:00 am. It is 1.2 miles for 7th & 8th grades and 1.0 mile for 6th grade and under. It will be held at Wakefield Park in Maplewood. It is a free event.

TO REGISTER: Register by completing the enclosed form and returning to the school office or to Mrs. Stoup by Wednesday, September 14.

QUESTIONS: If you have questions about the Cross Country Running Club, contact Keri Goeltl at 651.644.3561 or goeltlkk@yahoo.com.

**MMSA AUTHORIZATION FOR
CROSS COUNTRY RUNNING CLUB 2011/CAA Cross Country Meet
Free**

STUDENT NAME _____ AGE _____ GRADE _____

ADDRESS _____ TELEPHONE _____

PARENT EMAIL ADDRESS(ES) _____

PARENT(S)/GUARDIAN(S) NAMES _____

I/WE give our permission for _____ to take part in _____

In consideration of the opportunity for my child to participate and fully recognizing that such an undertaking involves an element of risk, we assume all risk and hazards incidental to such participation and so hereby release, absolve, indemnify, and agree to hold harmless the Archdiocese of St. Paul/Mpls., Maternity of Mary-St. Andrew's School (MMSA), its agents, employees and officers, and the chaperones, leaders, organizers, and sponsors, and persons transporting our child to and/or from these activities. Neither the Archdiocese of St. Paul/Mpls., MMSA, nor any of said persons shall be held financially responsible for any injury, illness, or death as a direct or indirect result of this activity.

We the undersigned have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance. In the event of an emergency and I cannot be contacted, I/we hereby authorize that emergency treatment may be administered.

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Wednesday, September 28 2:45-3:45**

This is designed to prepare students for the CAA Cross Country Meet Saturday, October 1. 8 am start. It is 1.2 miles for 7/8th grade and 1.0 mile for 6th and under. It will be held at Wakefield Park in Maplewood. It is a free event.

INFORMATION FOR ATHLETIC DIRECTOR/COACHES

IN CASE OF INJURY/ILLNESS, CONTACT: _____ PHONE _____

OR: _____ PHONE _____

PLEASE IDENTIFY ANY ACTIVITIES THAT YOUR CHILD SHOULD NOT PARTICIPATE IN OR SPECIAL CIRCUMSTANCE INCLUDING ANY ALLERGIES OR OTHER KNOWN DISEASE, DISORDERS OR DISABILITIES THAT THE COACH/CHAPERONE SHOULD BE AWARE OF.

This permission form must be returned to the athletic director before any student can participate in Run Club/CAA Cross Country Meet. Please return the registration to Mrs. Stoup/ the office by Wednesday, September 14.

PARENT/GUARDIAN SIGNATURE _____ DATE _____