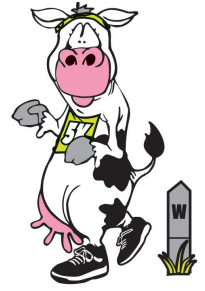


2020 UDDERLY AMAZING FUN & FITNESS CLUB

Join our herd and get fit while having fun!



We are very excited to announce the FREE "Udderly Amazing Fun & Fitness Club" coming to Norwayne Elementary School very soon! The clinic is open to ALL STUDENTS in grades 3-12 and ADULTS interested in improving their fitness level or participating in the Moovin' on the County Line Trail 5k, 10k, and Bubble Fun Run on April 18th @ 8:30 AM from the County Line Trailhead in Creston.

The Running (or walking) Clinic will meet in NES Cafeteria from 4-5 PM on Friday afternoons beginning February 21 - April 3, 2020. You must have a SIGNED WAIVER (below) and signed CODE OF CONDUCT to participate. Please attend with running clothes, shoes, & water. You do not need to show up to every session, but if you attend all 7, there will be a special award! We have an awesome slate of presenters, and we will have a lot of fun over the next couple of weeks during our fun clinic! You are able to either walk or run during the sessions' activity.

Here are some tips when attending Running/Walking Club:

- ★ **What to Wear?** Always dress as if it is 10-20 degrees warmer than the thermometer indicates, especially if the sun is out. You'll warm up quickly! A hat or visor is helpful on a sunny (or rainy day). Breathable and comfortable fabrics are best! It is also very important to have a comfortable pair of running shoes and a pair of decent socks.
- ★ Make sure to stay hydrated before and after our sessions (bring a water bottle)!
- ★ Do not run two hard days in a row
- ★ Keep your toenails short so they don't hit the front of your shoes.
- ★ **LISTEN TO YOUR BODY!** Some muscle soreness is normal with any new exercise program. PAIN is not. If you're feeling pain, it's better to stop early and figure things out, before you sideline yourself for months.

RUNNING (OR WALKING) CLINIC REGISTRATION

Register for the running club and 5k/10k/etc online (www.countylinetrailapp.com) or by completing this form and returning it to the Norwayne Elementary School

NAME: _____ DOB: _____ AGE (day of race): _____ GENDER: M F

EMAIL: _____ CELL PHONE: _____

Address: _____

Is this your first organized running event? YES NO Have you used the County Line Trail before? YES NO

Did you participate in any past County Line Trail 5Ks, 10ks, or Rainbow Runs (volunteer or run in the races)? YES NO

Do you have any known allergies? If so, what are they? _____

I am registering for:

- Running Clinic (FREE)
- Moovin' on the County Line Trail 5k (\$20 includes t-shirt) YS YM YL ADULT: S M L XL XXL
- Moovin' on the County Line Trail 5k AND Bubble Run (\$30 includes t-shirt)
- Moovin' on the County Line Trail 10k (\$25 includes t-shirt) YS YM YL ADULT: S M L XL XXL

TOTAL : \$ _____ + \$4 for XL/XXL (if applicable) GRAND TOTAL: \$ _____

Make checks payable to: *Rails to Trails of Wayne County (NORWAYNE HPAC Project)* • C/O 350 S. Main St. Creston, OH 44217

I understand and agree, in my capacity as an adult (18 years of age or older) or, in my capacity as parent and/or legal guardian of the minor listed above, I hereby provide consent for myself or my child to participate in the "County Line Trail 5k, 10k & Kids Rainbow Run" and "Trail Traveler's Couch to 5K Fitness Clinic" events. I understand that participation in this event is potentially dangerous and that injuries are possible, and I agree to Hold Harmless and Indemnify Vertical Runner of Wooster, Inc., Norwayne Local Schools, Rails to Trails of Wayne County, Race Organizers/Volunteers, and all sponsors and supporters from any and all liability, including, but not limited to, liability for any injuries or damages sustained by myself or my child as a result of participation in the event held 4/18/2020 and all Running Clinic Sessions.

Signature (or parent/guardian signature if you are under 18 years old): _____ Date: _____

2020 UDDERLY AMAZING FUN & FITNESS CLUB -- CODE OF CONDUCT

1. I understand that participation in the Norwayne HPAC Running Club is a privilege and not a right.
2. I will be kind and respectful to everyone involved in the Norwayne HPAC Running Club.
3. I understand that I must participate in the activities and not just “hang out with friends”.
4. I understand and agree to always follow the instructions provided by the adult in charge to the best of my ability.
5. I understand that I may be asked to leave the premises if I do not participate or cause any disruptions in the Running Club as determined by the Running Club Coordinator in her sole discretion. Further, I understand that by breaking this Code of Conduct I may be subject to further disciplinary action by the school/principal.

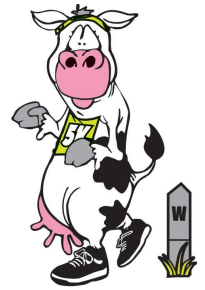
X _____
Running Club Participant

X _____
Parent/Guardian Signature

**TURN THIS FORM IN ONLINE ON OUR WEBSITE (WWW.COUNTYLINETRAILAPP.COM), SCAN AND EMAIL
IT TO COUNTYLINETRAILAPP@GMAIL.COM
OR BRING IT WITH YOU THE FIRST DAY OF RUNNING CLUB**




2020 UDDERLY AMAZING FUN & FITNESS CLUB





Join our herd and get fit while having fun!



We are going to have so much fun over the next 7 weeks!! We will all start at Week 1/ Day One (see chart below). The health and wellness club will be challenging and fun! You should expect to have a good time during each session and learn a lot! Each session will include exercise as well as a special guest or presenter. We will end each session with a healthy snack. While it may be challenging, remember how exciting it will be when you cross the finish line on the day of the race!

TRAINING PLAN:

WEEK	Workout 1	Workout 2	Workout 3
<p>Week 1: February 21</p> <p>THEME: Favorite Sports Team- Support your favorite team apparel!</p> <p>PROGRAM: Ashley Goddard, Change In You: "Eating the Rainbow and Creating a Magic Plate"</p>	<p>Brisk five-minute warmup walk. Then alternate 60-90 seconds of jogging and 90- 120 seconds of walking for a total of 20 minutes.</p>	<p>Brisk five-minute warmup walk. Then alternate 60-90 seconds of jogging and 90-120 seconds of walking for a total of 20 minutes.</p>	<p>Brisk five-minute warmup walk. Then alternate 60-90 seconds of jogging and 90-120 seconds of walking for a total of 20 minutes</p>
<p>Week 2: February 28</p> <p>THEME: Spirit Day-- Wear your red and gray!</p>  <p>PROGRAM: Packing a Healthy Lunch Presentation by the Norwayne HPAC</p>	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> ★ Jog 200 yards (or 90 seconds) ★ Walk 200 yards (or 90 seconds) ★ Jog 400 yards (or 3 minutes) ★ Walk 400 yards (or 3 minutes) 	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> ★ Jog 200 yards (or 90 seconds) ★ Walk 200 yards (or 90 seconds) ★ Jog 400 yards (or 3 minutes) ★ Walk 400 yards (or 3 minutes) 	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> ★ Jog 200 yards (or 90 seconds) ★ Walk 200 yards (or 90 seconds) ★ Jog 400 yards (or 3 minutes) ★ Walk 400 yards (or 3 minutes)
<p>Week 3: March 6</p>  <p>THEME: Crazy sock day</p> <p>PROGRAM: Ruth Graham, Flex Yoga</p>	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> ★ Jog ¼ mile (or 3 min) ★ Walk ⅛ mile (or 90 seconds) ★ Jog ½ mile (or 5 minutes) ★ Walk ¼ mile (or 2-½ minutes) ★ Jog ¼ mile (or 3 min) ★ Walk ⅛ mile (or 90 seconds) ★ Jog ½ mile (or 5 minutes) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> ★ Jog ¼ mile (or 3 min) ★ Walk ⅛ mile (or 90 seconds) ★ Jog ½ mile (or 5 minutes) ★ Walk ¼ mile (or 2-½ minutes) ★ Jog ¼ mile (or 3 min) ★ Walk ⅛ mile (or 90 seconds) ★ Jog ½ mile (or 5 minutes) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> ★ Jog ¼ mile (or 3 min) ★ Walk ⅛ mile (or 90 seconds) ★ Jog ½ mile (or 5 minutes) ★ Walk ¼ mile (or 2-½ minutes) ★ Jog ¼ mile (or 3 min) ★ Walk ⅛ mile (or 90 seconds) ★ Jog ½ mile (or 5 minutes)
<p>Week 4: March 13</p>  <p>THEME: St. Patty's Day (wear green!)</p> <p>PROGRAM: Brian Polen, Vertical Runner</p>	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> ★ Jog ½ mile (or 5 min) ★ Walk ¼ mile (or 3 min) ★ Jog ½ mile (or 5 min) ★ Walk ¼ mile (or 3 min) ★ Jog ½ mile (or 5 min) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> ★ Jog ¾ mile (or 8 min) ★ Walk ½ mile (or 5 min) ★ Jog ¾ mile (or 8 min) 	<p>Brisk five- minute warmup walk, then:</p> <ul style="list-style-type: none"> ★ Jog ½ mile (or 5 min) ★ Walk ¼ mile (or 3 min) ★ Jog ¾ mile (or 8 min) ★ Walk ¼ mile (or 3 min) ★ Jog ½ mile (or 5 min)

<p>Week 5: March 20</p>  <p>THEME: Animal Day-- wear animal print</p> <p>PROGRAM: TBD</p>	<p>Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.</p>	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> ★ Jog 1 mile (or 10 min) ★ Walk ¼ mile (or 3 min) ★ Jog 1 mile (or 10 min) 	<p>Brisk five-minute warmup walk, then jog 2-¼ miles (or 25 minutes) with no walking.</p>
<p>Week 6: March 27</p>  <p>THEME: Camo Day</p> <p>PROGRAM: Lexi Nussbaum Zephyrs Fitness</p>	<p>Brisk five-minute warmup walk, then jog 2.5miles (or 25 minutes)</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes)</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes)</p>
<p>Week 7: April 3</p> <p>THEME: OH--IO Wear your Ohio State gear!</p>  <p>PROGRAM: Celebration/ Running Club Graduation!</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>
<p>Spring Break Week</p>	<p>No Running Club Today!</p>		
<p>Race Week!!</p>	<p>April 18, 2020 is the Moovin' on the County Line Trail 5k, 10k, and Bubble Fun Run!!</p>		

REMEMBER: The Running Clinic will meet in NES Cafeteria from 4-5 PM on Friday afternoons beginning February 21-April 3, 2020. You must have a SIGNED WAIVER (above) to participate as well as each student and parent signing a Code of Conduct either online or on the first day. Please attend with running clothes, shoes, & water. You do not need to show up to every session, but if you attend all 7, you will receive a special award! Pick up is promptly at 5:00 pm from the pick up loop in the north driveway of the elementary school.

Younger siblings and K-2nd graders may join running club, but need to be accompanied by an adult at all times.

Parents: Feel free to join in the fun!!

RETURN ALL SIGNED WAIVERS & RACE FEES TO Mrs. (Jenna) Rupp @ NES (ROOM 206) OR:
Rails to Trails of Wayne County (NORWAYNE HPAC Project) • C/O 350 S. Main St. Creston, OH 44217
 Please contact Halle Miller @ countylinetrailapp@gmail.com with questions about the Running Club.

The Norwayne HPAC group hopes all running club participants will run in the April 18, 2020 race. Financial support is available to Norwayne students should family finances prevent them from participation on Race Day.