



Family Race Club's Reindeer Run 5K

Louie's Kids

Mt Pleasant, South Carolina

October 8th through December 8th, 2018

In preparation for the Reindeer Run 5K and to become healthy and fit as a family!

Our Mission:

Louie's Kids Race Club is designed for families of any physical fitness levels to come together and to get fit in a multi-week program. The final goal is running an area 5K or 10K. Throughout the duration of the program we will be strength training and running to work on overall fitness and be able to reach everyone's individual goal for running the goal race. The focus and point of this program is families getting fit - every child needs to be accompanied by a parent - the whole family is welcome but the children **MUST** have an adult that is training along with them.

Cost: There is a charge of \$50 per family up to 4 (\$10 per each additional member) for the entire training period. If a family is unable to pay please contact Margaret Taylor and we can make accommodations for those who may need it. Individuals over 18 are \$20

Details:

The following information is crucial for everyone to read, understand, and agree with - if anyone has questions or concerns please don't hesitate to ask!

Location/Time:

We will be meeting on Monday's and Wednesday's from 6:30-7:30 PM, at the Mount Pleasant Waterfront Park under the bridge (in the large field by the playground). The address is 71 Harry Hallman Boulevard, Mount Pleasant. Workouts will start promptly since we have limited time with you all - make sure you are not late or the group may run without you!

Attendance:

At each practice your child/children **MUST** be accompanied by an adult. Being a part of this program is a commitment. When you sign up you need to be sure that not only your child is committed but you as an adult are as well.

Workout Structure:

2 days per week - one day will be a strength and fitness structured workout with the possibility of using your body weight, war ropes, dumb bells, jumps ropes, kettle bells, and the list continues. The second day being a cardio day - you will be training for an area 5K or 10K but may be running distances up to 6.5 miles at the end of the training period, also being willing to run sprints etc. We do not need or expect you to have any experience - any level of fitness is perfect, we just ask you try anything asked of you.

Appropriate Dress/Apparel:

Dressing appropriate is crucial – the most important is your sneakers. Having the appropriate size, fit, and stability is crucial when spending a lot of time in your sneakers. Having old or worn sneakers can really affect how you run, your knees, hips, and back – many people when they are bothered by running think they are “getting old” or “can’t run” try getting new shoes, it is crucial! Some nights may be hot or cool, please dress appropriately for doing any type of physical activity – some weeks we may be running both days so always be prepared! You must always bring a water bottle – we will provide Louie’s Kids water bottles on the first day so no one has an excuse.

Abilities:

Louie’s Kids is not doing any type of pre-qualifying physical examination to be a part of this group. Although the parent must sign and understand that they are agreeing that the child and they are physically able to complete such a task as a multi-week training program ending in a 5K or 10K race/run. If you/your family members have physical limitation, it is suggested that you bring a doctor’s note. If the child or parent has any pre-existing conditions (mental, social, or physical) this must be expressed/explained on the registration form. It is important we know of all medical conditions or social behavior concerns that may compromise the health of your child or children or the group.

Standards:

1. Attendance and timeliness at all practices
2. Focus on and respecting the instructors/coaches in charge at all times
3. Dedication and determination throughout the whole program
4. Teamwork
5. Observing and obeying all rules of facility/ground we are using
6. Having proper attire/water bottle at each practice
7. MOTIVATION AND A GOOD ATTITUDE

Inclement Weather:

Refer to the Louie’s Kids Facebook page, any updates will always be posted by 4:00 PM on the day of the workout if it is cancelled/location change.

Nutrition/ Hydration:

Everyone should be eating a balanced intake of vegetables, grains, proteins, fruits, and dairy. Please eat a healthy snack or protein like peanut butter on toast, nuts etc. about an hour or so before the workout so no one is functioning on an empty stomach. Hydration is crucial, everyone should be drinking large amounts of water daily but please try to increase hydration pre and post workouts as well.

Race Day :

Louie’s Kids has successfully trained many groups for an array of races, with people of all athletic abilities and all ages. Louie’s Kids will be paying for all participants race registration fees. All participants will also receive a team racing shirt, water bottle and more.

****You must fill out info for EVERY person participating in your family (including yourself), if you have more than five in your family please just print and fill out 2 sheets, by filling out their name with one parent/guardian signing it each family member is agreeing to the information in the handout attached for *Louie's Kids Race Club*. Please fill out all information, and any additional information we may need to know.**

LOUIE'S KIDS RACE CLUB - Agreement

1) Participants Name (Print): _____

Age: _____ Height: _____ Weight: _____

T-Shirt Size: _____

2) Participants Name (Print): _____

Age: _____ Height: _____ Weight: _____

T-Shirt Size: _____

3) Participants Name (Print): _____

Age: _____ Height: _____ Weight: _____

T-Shirt Size: _____

4) Participants Name (Print): _____

Age: _____ Height: _____ Weight: _____

T-Shirt Size: _____

5) Participants Name (Print): _____

Age: _____ Height: _____ Weight: _____

T-Shirt Size: _____

CELL Phone Number of Parent/Guardian: _____

Email Address of Parent/Guardian: _____

(All information will be sent via email, make sure this is current and written clearly.)

(Continues on next page)

Medical Conditions/any other Concerns:

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Print Name of Parent/Guardian

Signature

Date