



FAMILY RACE CLUB

Big Dog, Little Dog Run 2022

October 10th to December 10th
Monday and Wednesday Nights 6:30 to 7:30 PM
Registration Form

Our Mission:

Family Race Club is designed for families of any physical fitness level to come together and to get fit in a multi-week program. Professionals will work with the group to develop core strength, improve cardiovascular fitness, and provide health and nutritional counseling. The final goal is running an area 5k on December 10th.

Everyone will have individualized goals for running/walking on race day. The focus of this program is families getting fit together and supporting each other in the process. 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 \$50.00 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 (contact information below), and we can make accommodations for those who may need it.

Details:

The following information is crucial for everyone to read, understand, and agree with – if anyone has questions or concerns, please do not hesitate to ask!

Location/Time:

We will be meeting on Mondays and Wednesdays 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, 29464. 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 focused workout with the possibility of using your body weight, war ropes, dumb bells, jumps ropes, bands, and the list continues. The second day will be a cardio day – you will be training for an area 5K or 10K but may be running/walking distances up to 6.5 miles by the end of the training

period. Also, be willing to run sprints at your own pace. We do not need or expect you to have any experience – all levels of fitness are welcome. The trainer will ask you to try new things at your own personal comfort level.

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, so please dress appropriately for doing any type of physical activity – some weeks we may be running both days so always be prepared! Please bring a water bottle.

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. 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 (last section of form – below). It is important that we know of all medical conditions or social behavior concerns that may compromise the health of your child/children or the group.

Standards:

1. Attendance and timeliness at all practices
2. Focus on and always respecting the instructors/coaches in charge
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. Or email Justin Bennett at justin@louieskids.org.

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 most participants race registration fees.

*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 each family member is agreeing to the information in the handout attached for Family Race Club. Please fill out all information, and any additional information we may need to know.

FAMILY RACE CLUB -- Agreement

*Age – Please give the age the person will be on race day.

1) Participants Name (Print):

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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: _____

6) Participants Name (Print): _____

Age: _____ Height: _____ Weight: _____ T-Shirt Size: _____

7) Participants Name (Print): _____

Age: _____ Height: _____ Weight: _____ T-Shirt Size: _____

8) Participants Name (Print): _____

Age: _____ Height: _____ Weight: _____ T-Shirt Size: _____

Contact Information

Louie's Kids Team

Justin Bennett – 843-696-6769 – justin@louieskids.org

Latoyya Jones – 843-532-5033 – latoyya@louieskids.org

Margaret Taylor – 843.343.4352 – margaret@mtpcounseling.com

1a) Name & Mobile Number of Parent/Guardian: _____

1b) Name and Mobile Number of Parent/Guardian:

2) Email Address of Parent/Guardian (Please make sure this is current and written clearly.):

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3) Emergency Contact Name and Phone Number: _____

*Please note – your 911 contact should be someone who is NOT in the program.

Medical Conditions/Any Other Concerns:

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