Students Off And Running

2009-2010 Parental Understanding of Student Participation

Dear Parent/Guardian:

We welcome your son/daughter to the 2009-2010 Students Off And Running season. As a representative of our program at many community events throughout the year, your son/daughter is expected to show basic good behavior and respect along with a sustained level of participation in the program. It is important to understand that while our organization sets the requirements for participation, your son/daughter's Coach has the final word in deciding whether or not your child has met these requirements.

In order to remain a member of SOAR for the 2009-2010 season, and to be included in the City of Los Angeles Marathon XXV on March 21, 2010, the following is required of your son/daughter:

- Must exhibit proper and respectful manners and behavior towards fellow runners, Coaches and other adults at all times.
- Must have a physical examination by a medical professional.
- Must have joined before November 27, 2009.
- Must attend regular practices at school as specified by his/her Coaches.
- Must attend scheduled races on Saturdays or Sundays
- Must complete the Surf City and LA Half Marathons (13.1 miles)
- Must complete the 18 mile scheduled Friendship Run in under 5 hours time.

Please discuss these expectations with your student as well as the commitment required for membership in Students Off And Running. Thank you for your involvement with your son/daughter and our program.

~~The Staff and Coordinators of Students Off And Running

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I have read and agree to the requirements for my son's/daughter's participation in Students Off And Running.

Parent's Signature: _____Date:_____

Student's Signature:_____ School Group: _____