

IT'S TROTting TIME AGAIN

Join the Croc Trotters – a PTA-sponsored, 12-week program designed to prepare novice runners to complete the Croc Trot 5km race on April 28th, 2012. We will use a modified version of the popular couch to 5km running program that combines walking and jogging over gradually longer distances each week.

Group sessions will be held on 10 Saturday mornings at Island Creek Elementary School beginning on February 11th at 07:30 a.m. and continue through April 21st (no session will be held on April 7th). Remember, the early Croc gets the worm and bird. The hour-long sessions will include a group stretch, guided work out, cool down, social banter, and healthy snack.

The Croc Trotters is open to any member of the Island Creek family (staff, students, parents, siblings, etc.), however school-age children must be accompanied by an adult. There is no cost, but participants are asked to wear loose-fitting clothes appropriate for the weather and running shoes; and bring a watch with a second hand and a water bottle. The Crocs trot, snow, rain or shine, so bring it on.

Anyone attending seven or more of the group work outs will earn a \$5 discount on their Croc Trot 5km race entry fee.

To register, complete the following information and drop it off in your child's Thursday folder or the PTA box in Island Creek's office by noon on Wednesday, February 8th. Any questions can be forwarded to Croc Trotter Head Coach Sheldon Hervey at hervey.sheldon@gmail.com. Sheldon is former college cross country runner and a Boston Marathon finisher.

Name Staff/Student/Parent/Other Phone Number E-Mail Address

I acknowledge I have no known medical conditions that would prohibit me from participating in the Croc Trotters program and I will not hold the Fairfax County School District, the Island Creek Elementary School, the Island Creek PTA, the Croc Trotters Coaching Staff, or fellow Trotters liable for any sprains, scrapes, bumps, bruises, or other injuries resulting from my participation.
