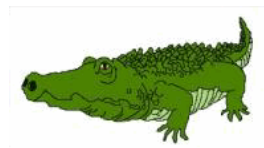




CROCS TO TROT AGAIN



Join the Croc Trotters – a PTA-sponsored, 12-week program designed to prepare novice runners to complete the Croc Trot 5 Km race on May 1, 2010. 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 11 Saturday mornings at Island Creek Elementary School beginning on February 6th at 8:00 a.m. and continue through April 24th (no session will be held on April 3rd). Workouts will begin at 7:30 a.m. beginning on April 10th to accommodate soccer schedules and other family commitments – 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 should 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 special edition, 2010 Croc Trotters tee shirt prior to the Croc Trot 5km race.

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 3rd. Any questions can be forwarded to Croc Trotter Head Coach Sheldon Hervey at hervey.sheldon@gmail.com. Sheldon is a former college cross country runner and Boston Marathon finisher. He will be assisted by long-time runner Lorie Kappeler.

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Name	Staff/Student/Parent/Other	E-Mail Address (one per family)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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 Country School District, 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.

Signature of one Adult Per Family Required

Date of Signature