



Dear Commons Lane Families:

Commons Lane is participating in the **GO! St. Louis Read, Right & Run Marathon®** program for the second year in a row! GO! St. Louis®, a local non-profit organization, encourages individuals and families in the St. Louis region to adopt a healthy and active lifestyle year round.

The **GO! St. Louis Read, Right & Run Marathon®** is a fully integrated marathon program for children in grades K-8 that focuses on literacy, fitness, and character development. Students are challenged to **READ 26 books, RIGHT** the community with 26 good deeds and learn to set goals to **RUN** the necessary miles in preparation for their final race. After 26 weeks of hard work, the program culminates each year when the students complete their race day goals at the **GO! St. Louis Family Fitness Day in Forest Park on April 6, 2019**. Each grade level has a specific challenge and goal race for April.

- Students in grades K-5 will train to complete either a 1.2 or 2 mile race.
- Students in grades 6-8 will train to complete a 5K race.

As a GO! St. Louis Read, Right & Run Marathon® participant, we are here to support you throughout your training journey. Each participant's registration includes:

- Free entry for registrants to The Great GO! St. Louis Halloween Race 1-mile Fun Run and \$5 discount for 1 adult entry.
- A backpack tag that allows them to track their books, deeds, and miles.
- Monthly informative emails filled with helpful hints on how to stay motivated, serve your community and book recommendations!
- Race bib, t-shirt, and finisher's medal upon crossing the finish line.

Please direct any questions to **CHRISTY BROOKS (cbrooks@fergflor.org)**. For more information on this nationally recognized youth program, visit <http://gostlouis.org/community/read-right-run-marathon/>.

**Commons Lane training dates are on
Thursday's beginning Nov 1, 2018 -
April 4, 2019 @3:45 - 4:30**

We hope you will consider having your child participate in this annual event. Research shows that regular exercise actually improves many areas of brain function including memory, stress reduction, and attention span. All of these areas point toward academic success. **Registration deadline is October 26. The**

GO! St. Louis READ, RIGHT & RUN MARATHON



FIRST NAME: _____ LAST NAME: _____

GENDER (please circle): M F DATE OF BIRTH ____/____/____ Grade level: _____

SCHOOL/GROUP NAME COMMONS LANE ELEMENTARY Teacher: _____

PARENT EMAIL ADDRESS: _____

Yes, sign me up to receive Read, Right & Run program emails and updates Yes, sign me up to receive GO! St. Louis emails and updates

The following information is used on race day in case of an emergency:

EMERGENCY CONTACT NAME _____

RELATIONSHIP TO STUDENT _____ CELL# _____

CIRCLE CHILD'S T-SHIRT SIZE: Please note that sizes are not guaranteed

YOUTH SMALL (6-8) YOUTH MEDIUM (10-12) YOUTH LRG. (14-16)
ADULT SMALL ADULT MEDIUM ADULT LARGE

REGISTRATION FEE: \$10/ K-8

**Additional shirts are available for parents for \$15 each—indicate number of shirts here _____
Indicate adult shirt size(s) here (available in S-XXL) _____

Check here if your child qualifies for the free and reduced lunch program. Fee is \$10. (\$15 after 12/31/18)

PAYMENT: My check payment is enclosed (Please make checks payable to GO! St. Louis) Payment by Credit Card
 Cash is enclosed

Name on Credit Card: _____ Billing Zip Code _____

Credit Card #: _____ exp date _____ 3 digits on back _____

**RETURN TO: YOUR CHILD'S TEACHER
COMMONS LANE ELEMENTARY**

Total Amount Due
(Registration +
add'l shirts)

\$

FINAL TURN-IN DEADLINE FOR REGISTRATION FORMS & PAYMENT: OCTOBER 26, 2018

Liability waiver and race agreement: Waiver and signature (on behalf of the named entrant) MUST BE SIGNED. Read this form carefully before signing on behalf of the registered student.

I know that running is a potentially hazardous activity. I will not allow the above entrant to enter or participate unless he/she is medically able to do so. I assume all risks associated with my child's participation in this event, including but not limited to, the effects of weather, traffic, course conditions, and course surfaces, falls, and contact with any other runners spectators or volunteers. I release GO! St. Louis and its hired contractors, City of St. Louis and agencies, student's school and school district, and sponsors from any and all claims, liabilities, losses, damages, expenses, including attorney fees and disbursements, arising from or relating to student's participation in or preparation for the events even though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver. I agree to accept the rules of this race and related events. I consent to the use of essays, photographs, video, film, and sound recordings of all marathon events for all legitimate purposes without compensation.

PARENT/GUARDIAN SIGNATURE

DATE

RACE DAY IS APRIL 6, 2019