

# DMS Running Club

DMSRC is open to all Deerlake students in grades 6, 7, and 8.

**YOU MUST HAVE AN ACTIVITY FORM ON FILE WITH CURRENT INSURANCE INFORMATION  
And  
A CURRENT PHYSICAL FOR THIS SCHOOL YEAR**

DMSRC will meet on Mondays and Wednesdays from 4:00 to 5:00 in the afternoon. Students should change and meet, ready to run, by 4pm in **Ms Knauf's room (408)**. We will begin running on **Wednesday, October 23rd**.

Students will run one of several overlapping routes, depending on ability. Routes range from one to 4 miles. Each individual sets his or her own goals and moves up to a longer distance when ready. There will be sprint, high jump, and shot put clinics throughout the year.

The goal of the club is to have fun and to provide an opportunity for students to be involved in a sport that is part of a healthy lifestyle. All Deerlake students are welcome; new runners, experienced runners, and those that just want to stay in shape for another sport. We will also focus on road rules, running etiquette, and, last but not least, safety while running.

We will enter several 5k races in the community throughout the school year, including the Deerlake Color Run on November 2nd, the Turkey Trot, and others.

Clothes to run in and a good pair of running shoes are the only equipment required. A watch, hat, and towel are also useful!

Deerlake Middle School Running Club is FREE! The teachers involved are all volunteers. Participants must understand and abide by the rules of the club:

*Students must be picked up by 5:00 in front of the school (remember the supervising teachers are volunteers!)*

*We are here to run, not to play*

*Listen to and follow the instructions of the adults in charge*

*Do not dart out into the street or play games with vehicles while running*

*Do not run on anyone's property, stay on the road/sidewalk*

*Always run against traffic and dress to be seen*

*Stay with another runner at all times, if possible.*

*NO earbuds*

*Hydrate! Always. Not just before and during the run. Drink plenty of water daily.*

Any student that does not follow the club rules will not be allowed to return.

Please fill out and return the following permission form. No student will be allowed to run until the permission slip is returned, and receipt of activity form and physical are confirmed.

If you have any questions, please see our page on the Deerlake Website or contact us at by email at [knaufp@leonschools.net](mailto:knaufp@leonschools.net).

Thank you and we look forward to running with you!

*Patricia Knauf and Joseph Miller*

Sponsors, DMS Running Club

850-922-6545

1. \*\*\* Both the student and his or her parents should join REMIND to receive reminders, updates, etc.:

Text to this number: **81010** then type this message: **@dmsrunn**

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## 2019-20 Deerlake Middle School Running Club Permission Form

My child, \_\_\_\_\_, is a student at Deerlake Middle School and is currently in the \_\_\_\_\_ th grade and has my permission to participate in the Deerlake Middle School Running Club. His/her activity form and current physical have been turned in to the school.

By signing below, I acknowledge and understand that my child will be running on roads within the Killlearn Lakes Subdivision, around Deerlake Middle School. I also acknowledge that I have discussed the rules outlined on this form with my child(ren) and have ensured that he/she/they understand them.

I understand that my child must be picked up by 5pm. I must inform the supervising teachers in writing or by email if the student is to ride home with another student.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent email: \_\_\_\_\_

Parent phone numbers: \_\_\_\_\_

### Deerlake Middle School Running Club Member Questionnaire:

1. Student name: \_\_\_\_\_ Grade: \_\_\_\_\_
  2. Are there any relevant medical issues we should be aware of: (allergy to bee stings, fainting, etc.?)  
\_\_\_\_\_  
\_\_\_\_\_
  2. Do you participate in other sports? \_\_\_\_\_ if yes, please list them here: \_\_\_\_\_  
\_\_\_\_\_
  3. What is your personal reason for joining the DMSRC? (Stay in shape for another sport, get faster, start running, run distance, etc.)  
\_\_\_\_\_  
\_\_\_\_\_
  4. Do you have any running experience? \_\_\_\_\_ if yes, please give details: (you were a member of the cross country team, run on your own, etc.) \_\_\_\_\_  
\_\_\_\_\_
  5. How far can you currently run without stopping to walk? (remember, this club is for ALL levels so it's OK if you can't run a mile yet.. you will 😊 ) \_\_\_\_\_
  6. Student cell number: \_\_\_\_\_
  7. Both you and your parents should join REMIND to receive reminders, etc.: Text to this number: **81010** then type this message: **@dmsrnn**
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