

# Dragons on the Run

Join us for a before school running program at DuFief Elementary. Twice a week we will stretch, run, and have fun. It's a great way for kids to burn off some energy before sitting down for a day of school.

Fall Session Dates: 10 weeks. Mondays and Wednesdays. September 14 - November 16 (no practice on MCPS Holiday/non-instructional days)

Time: 8:15am - 8:45am

Meeting Place: School blacktop at the Kiss-n-Ride dropoff

Price: Suggested family donation of \$20. Please make check payable to 'Dufief PTA'.

Who Can Participate? All students are welcome to participate. Children in grades K-2 will need an adult 'buddy' to participate alongside them.

Adult Commitment: This is a volunteer-run program that requires adult supervision to be successful. We expect to have the needed coverage with our current volunteers and adult 'buddies' that are required to stay. Please let us know if you are interested in formally volunteering. If we need additional adults to attend as the season goes on we will send out a Sign Up Genius.

Cancellation Policy: In case of bad weather, practice will be cancelled. Parents should sign up for cancellation alerts through Rainedout.net or text 'dragonsrun' to 84483.

We will participate in two optional runs! (more details to follow)

-Cabin John Kids Runs - September 25th, 9-10:00am Cabin John Regional Park. Free.

-2016 Halloween Hustle Fun Run & 5K - October 29th, 8:30am Fun Run (\$10), 9:00am 5K (\$25 before Sept 18, \$30 after). Location TBD in Montgomery Village area.

Additional Questions: email Kim Brock at [kim.merrifield@gmail.com](mailto:kim.merrifield@gmail.com)

Name of Child \_\_\_\_\_

Grade: \_\_\_\_\_

email \_\_\_\_\_

cell phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Name of adult volunteer \_\_\_\_\_

