



Dear Parents and Guardians,

Your child is invited to participate in the “Kids for Running” program offered by the Bellin Run and coordinated by parents and teachers at our school. Kids for Running is an after-school program that prepares children to run the virtual 5K, virtual 10K, or in person 10K Bellin Run on June 11, 2022.

I am Mrs. Sheila Kohl, from the Intermediate School, and will be serving as our team captain. Mrs. Lisa Pawlowski from the Middle School will be coordinating training runs. Training will begin on **Monday, April 4th** and will be held on **Mondays and Wednesdays after school until approximately 3:30 rain or shine**. Each session will begin with a light warm-up. We will begin with short distances and gradually increase our mileage, leading up to the Bellin Run distance. Middle School and Intermediate School students will run together. Students will meet in the **STEM room in the Intermediate School at 2:55**.

Through the Kids for Running program, participants receive a discounted registration fee of \$15 for the Bellin Run. That includes your child’s race bib, timing chip, and official Bellin Run T-shirt.

The after-school training program to prepare for the June 13 event is free – and by being part of the Kids for Running program your child will also receive a Kids for Running T-shirt. Students can participate in track and Bellin simultaneously.

All participants must:

- 1.) Complete and return the enclosed permission slip to Mrs. Kohl (IS)
- 2.) Register. Online registration instructions are enclosed.
- 3.) Complete school paper work:
  - **CURRENT PHYSICAL** (No less than every other year with April 1st as the earliest date) on or after April 19 of 2020. This is the only paper form that will be received. [https://www.wdpsd.com/cms\\_files/resources/physicalcard.pdf](https://www.wdpsd.com/cms_files/resources/physicalcard.pdf) Return only p. 4 of this doc to the IS or MS office.
  - The remaining forms must be completed by the parent in your PowerSchool account, under the forms tab. No paper copies will be accepted.
    - Indicate in Section 6, Co-curricular Activities, of your intent to participate in “sports” and check the box of each activity accordingly. This is how you “sign up” for a particular activity.
      - **EMERGENCY MEDICAL INFORMATION AGREEMENT** – Medical Insurance Required (must be updated yearly)
      - **CONCUSSION FORM** (must be updated yearly)
      - **CODE AND RULES VIDEO** (done individually by each athlete in the family AND a parent/legal guardian), ONE TIME while a student is enrolled at the Intermediate or Middle School. Note: If you completed a Code & Rules video previously, you do not need to complete again!

All Bellin Run participants from our school will have their race packets delivered to our school if registered by May 1st.

If you have any questions, please email Mrs. Kohl at [skohl@wdpsd.com](mailto:skohl@wdpsd.com). Thank you for supporting this healthy community activity!

Sheila Kohl & Lisa Pawlowski

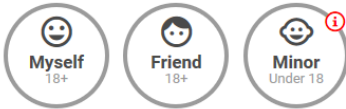
# Online Registration Directions

1. Go to [www.bellinrun.com](http://www.bellinrun.com).
2. Click **Register Today**
3. Click **Register as an individual or Kids for Running**
4. Enter basic information

Registrant #1

Clear all fields

Who are you registering? \*



Basic Info

First Name \*

Last Name \*

E-mail Address \*

Confirm E-mail \*

Password \*

Confirm Password \*

To be able to access / edit your registration.

5. Enter additional information

Additional Information

Date of Birth \*

Format: mm/dd/yyyy  
Used for age group calculations

Gender \*

Male  Female

Phone \*

Format: #####-####

Address

Street Address \*

Country \*

Zip Code \*

City \*

State \*

6. Choose your event
7. Waiver section – check box and hit continue
8. Click **Join an Existing Team**

## Join an Existing Team



Team registration is required  
Choose an option above to join or create a Team.

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9. Select Team (School) from Drop Box (West De Pere Intermediate School)
10. Enter 3 digit password – 164
11. Questions Section
  - a. Select Shirt Size for Bellin Run Race Shirt
  - b. Enter Emergency Name and Phone Number
  - c. Select if first time Bellin Run 10K Participant
  - d. Select if 18 or older
  - e. Enter Anticipated Pace and Corral Placement
  - f. Select if student or coach
  - g. Select Size for Kids for Running Shirt
12. Enter Payment Information

# Training Schedule

## April (2022)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4/3/2022	4/4/2022	4/5/2022	4/6/2022	4/7/2022	4/8/2022	4/9/2022
	Bellin Training Starts					Recomm end- Walk or light jog
	1/2 Mile Run		3/4 Mile Run			
4/10/2022 2	4/11/2022	4/12/2022	4/13/2022	4/14/2022	4/15/2022 2	4/16/2022
						Recomm end- Walk or light jog
	1 Mile Run		1.5 Mile Run			
4/17/2022 2	4/18/2022	4/19/2022	4/20/2022	4/21/2022	4/22/2022 2	4/23/2022
						Recomm end- Walk or light jog
	1.5 Mile Run		2 Mile Run			
4/24/2022 2	4/25/2022	4/26/2022	4/27/2022	4/28/2022	4/29/2022 2	4/30/2022
						Recomm end- Walk or light jog
	2 Mile Run		2.5 Mile Run			

## May (2022)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Staturday
5/1/2022	5/2/2022	5/3/2022	5/4/2022	5/5/2022	5/6/2022	5/7/2022
	3.0 Mile Run		3.5 Mile Run			Recomm end- Walk or light jog
5/8/2022	5/9/2022	5/10/2022	5/11/2022	5/12/2022	5/13/2022 2	5/14/2022
	2 Mile Run		4 Mile Run			Recomm end- Walk or light jog
5/15/2022 2	5/16/2022	5/17/2022	5/18/2022	5/19/2022	5/20/2022 2	5/21/2022
	2.5 Mile Run		4.5 Mile Run			Recomm

						end- Walk or light jog
5/22/2022 2	5/23/2022	5/24/2022	5/25/2022	5/26/2022	5/27/2022 2	5/28/2022
	2 Mile Run		<b>*Last Session* 6.0 Mile Run</b>			Recomm end- Walk or light jog
5/29/2022 2	5/30/2022	5/31/2022	6/1/2022	6/2/2022	6/3/2022	6/4/2022
	<b>Memorial Day</b>					
	Recommended - 3 mile run	Recommende d - 1.5 mile run		Recommended - 1 mile run		Recomm end- Walk or light jog

## June (2022)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Staturda y
6/5/2022	6/6/2022	6/7/2022	6/8/2022	6/9/2022	6/10/2022 2	6/11/2022
	Recommended- 2 mile run		Recommended- 1 mile run			<b>Bellin Race Day!</b>

# **Kids For Running Permission Form (return to Mrs. Kohl)**

**This form must be completed by all participants in the Kids for Running after-school training program.**

\_\_\_\_\_  
Name of Child (Please Print)

\_\_\_\_\_  
Parent or Guardian Name (Please Print)

Parent/Guardian Email Address: \_\_\_\_\_

In case of emergency, I can be reached at \_\_\_\_\_

Primary Doctor: \_\_\_\_\_ Hospital of Choice: \_\_\_\_\_

Medical conditions we should be aware of: \_\_\_\_\_

Contact me for assistance in getting my child registered as I do not have a debit/credit card or access to the Internet. Contact phone number: \_\_\_\_\_

## **BELLIN RUN – KIDS FOR RUNNING RELEASE FROM LIABILITY AND INDEMNIFICATION AGREEMENT**

This Release from Liability and Indemnification Agreement must be read and agreed to in order to participate in the Bellin Run Kids for Running Program. This Release from Liability and Indemnification Agreement pertains to all children participating and parent(s) or legal guardian(s) that may participate with their children in the Bellin Run Kids for Running Program or the Bellin Run. Registrations for minors must be made by a parent or legal guardian herein referred to as "Guardian." The term "Participants" shall refer to all children listed and included as registrants.

By participating in the Bellin Run Kids for Running Program and the Bellin Run I agree to the following on behalf of myself and Participant:

I HEREBY RELEASE, WAIVE, AND DISCHARGE (1) Bellin Memorial Hospital, Inc., its officers, directors, employees, contractors and agents; (2) the City of Green Bay; (3) the Village of Allouez; (4) all municipalities including any and all of their agents, employees, assigns, volunteers or anyone acting for or on their behalf (5) the Green Bay Area Public School District; (6) all school districts, including any and all of their agents, employees, assigns, volunteers or anyone acting for or on their behalf; and (7) any and all agents, volunteers, operators, owners, contractors and lessees of the premises used to conduct the Bellin Run Kids for Running Program or the Bellin Run (hereinafter collectively referred to as "Releasees"), from any and all claims, liability, losses, costs, including attorney fees, causes of action or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of training for or participating in the Bellin Run Kids for Running Program or the Bellin Run or related events.

I HEREBY AGREE TO INDEMNIFY AND HOLD HARMLESS the Releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the Participant in any way participating in the Bellin Run Kids for Running Program or the Bellin Run, and I acknowledge that running or similar physical activities can be potentially hazardous and I assume full responsibility for and risk of bodily injury, death, or property damage arising out of or in the course of training for or participating in the Bellin Run Kids for Running Program or the Bellin Run.

I HAVE READ AND VOLUNTARILY ACCEPT THE RELEASE FROM LIABILITY AND INDEMNIFICATION AGREEMENT, AND HEREBY WAIVE THE RIGHT I HAVE TO BARGAIN FOR DIFFERENT WAIVER OF LIABILITY TERMS.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Signature