

Walk and Talk and The Burns Park Run

Your child has expressed an interest in participating in the Burns Park Run as part of the Walk and Talk Team.

What does it mean to be on the Burns Park Walk and Talk Team? For those kids who are able to participate in the Burns Park Run, they receive a free Walk and Talk t-shirt to wear on race day. We gather together at the race for stretching and encouragement and then they're off to the starting line. The younger kids are put into groups and assigned a volunteer parent who will walk/run the course with them if they don't have a parent with whom to run. It is great fun and the kids are so proud, as they should be, of their efforts to train for the run.

In order to be on the team (and receive a T-Shirt), we have asked the students to come to Walk and Talk at least twice a week and run/walk a minimum of 3 laps each time they come. This is something the kids are comfortably doing in the given lunch recess time to build up their endurance for the big race.

What do you need to do? Parents will need to register their child for the Burns Park Run by completing the official Burns Park Run registration form with the required payment (scholarships are available). Forms and online registration can be found at www.burnsparkrun.org. Note that online registration costs LESS overall, including fees, than paper registration – especially for families! Please mark **5K Run** (unless anyone is doing the 10K). **The Walk and Talk T-Shirts are different from the Burns Park Run T-Shirt. Your child will receive a free Walk and Talk shirt to wear the day of the run. If you would like to purchase an official BP Run shirt, indicate this during registration and pay accordingly.

Please complete the form below (can also be done online by following the Walk and Talk links at www.burnsparkrun.org) and return it to the Walk and Talk box in the office by **Friday, April 22nd**. If you have questions, please email walkandtalk@burnsparkrun.org .

I, _____ want to be on the Burns Park Walk & Talk Team. The Burns Park Run is Sunday, May 1st.

Grade _____

Teacher _____

T-shirt size _____

My child is not running with a parent/guardian and needs to be assigned to a group.
yes _____ no _____

I would like to volunteer to help on race day which is Sunday, May 1st by walking/running with a group of students.

Parent Name: _____

Parent E-mail: _____