

## Runnin' for Rhett Fall 2020!

Hello Pony Express runners and aspiring runners! It's time once again for Runnin' for Rhett!

**The Basics:** Runnin' for Rhett is a free after school running program that culminates in a 5K race anytime in December. Learn more about Rhett and his inspiring story at [runninforrhett.org](http://runninforrhett.org).

**Practices:** Practices will be after school on Wednesdays and Fridays, from 3 – 4. Eligible runners are in 4<sup>th</sup> through 6<sup>th</sup> grade, with some younger siblings by prior arrangement. Practices will be held over Zoom, and runners are encouraged to run on their own as they please. Participation in the program is contingent on your runner's ability to follow our Zoom courtesy rules. First practice is **Wednesday, October 7th after school!**

**Gear:** Please ensure that your runner has proper shoes and clothing for exercise. The shoes don't have to be expensive, but should be decent condition athletic shoes, as we will be running up to 4 miles per practice.

Looking forward to another great season!

~~~Coach Sam Hemesath

[samhemesath@yahoo.com](mailto:samhemesath@yahoo.com)

---

### Runnin for Rhett Permission Slip **(Please fill out completely & legibly!)**

Name (first & last): \_\_\_\_\_

Birthday (month, date, year): \_\_\_\_\_

Email: \_\_\_\_\_

Cell phone: \_\_\_\_\_

T-shirt size (circle one): Youth Medium Youth Large Youth XL Adult Small Adult M

I understand and agree to hold harmless the volunteer coaches from any and all costs, losses, claims, demands, suits, actions, payments and judgments, including attorney fees, arising from personal or bodily injury, however caused that may arise for any reason from or during or be alleged to be caused by the above student's participation in the Pony Express Runnin for Rhett Program.

---

Parent or Guardian Signature