

# News FLASH.....

**It's Time to Sign Your Girl up for MMRC!!**

<http://minimermaidrunningclub.org>

Mini Mermaid Running Club (MMRC) is an after-school program open to all 1<sup>st</sup> - 6th grade girls. Its mission is to teach every girl to lead a healthy life by listening to her inner voice, valuing her uniqueness, learning to love movement and discovering the finish line is just the beginning.

**Beginning on February 23<sup>rd</sup>**, MMRC will run for 6 weeks meeting twice a week directly after school. The program culminates with the girls taking part in the **Santa Cruz 5K Run on April 10!**

Practices will be:

**Tuesdays 2:45 – 4:00 and Thursday 2:45 – 4:00**

(NO practices Spring Break 4/5 & 4/7)

**RACE ON SUNDAY APRIL 10TH**

Program fee is \$150.00 and includes:

- *12 sessions each approximately 75 minutes*
  - Mini Mermaid T-shirt
  - Mini Mermaid Medal
  - Journal for each girl
  - Entry to the Santa Cruz 5k
- \* Scholarships are available.

To register online, please visit: <http://santacruz2016.eventbrite.com>

Check "Join a Group" (our group is Happy Valley Elementary) and enter password: **mini** Enter promo code: mini50 (The online form asks for "The Buyer" which is the parent/guardian).

Registration forms can also be found in the Happy Valley Elementary office and must be submitted with payment and a signed Santa Cruz 5k Race Waiver.

Please email Coach Lisa at [elmeisser@mac.com](mailto:elmeisser@mac.com) with any questions or for scholarship information.

**HVS track. We hope to see you there!!**