

We are excited to announce Mini Mermaid Running Club is coming to you!

Mini Mermaid Running Club (MMRC), est 2009, is an after school running club for elementary school-aged girls. Our 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.

MMRC focuses on teaching girls to realize their full potential. Through games, journal activities, team building and physical fitness, girls are taught the tools necessary to be strong and confident, and to see these things inside themselves. Each practice/lesson is aimed at helping every girl to see how amazing she is, regardless of her circumstances. Each practice last approximately 75 minutes. Over the course of six weeks the girls will train for a local 5k.

The cost of the program is \$150.00 for our One4One model, for each paying girl we provide the program at no cost to a girl at another school who otherwise could not afford it.

5k Race Location: **Happy Valley Elementary Track**

Date: **April 10, 2016**

Program includes:

- **12 sessions each approximately 75 minutes.**
- **Mini Mermaid T-shirt**
- **Mini Mermaid Medal**
- **Journal for each girl**

Below are all of the details for the program. Please read carefully. Be sure to register online as soon as possible as participation is on a first come, first served basis. Contact your site coordinator for a registration link.

The Registration Deadline is: December 18, 2015

Practices start February 23rd – March 23rd 2016

We will meet every Tuesday and Thursday

From 2:45 pm to 4:00 pm

Mini Mermaids are required to attend every practice and to stay for the entire time. We understand that there are many activities in the community. We ask that all Mini Mermaids make a commitment to the program and stick with it! If you are unable to make the commitment at this time, we encourage you to consider enrolling your daughter in a future session. We ask that you also make every effort to get your child to the 5k race the club is training for.

Mini Mermaids should wear comfortable clothes and shoes to all practices.

Please send your Mini Mermaid with a water bottle to use during practice.

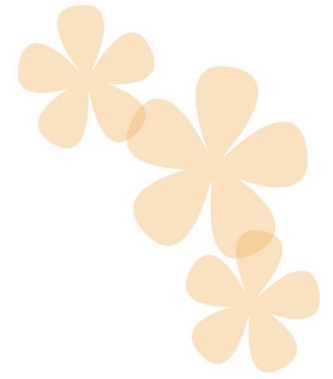
For more information please contact **Lisa Meisser elmeisser@mac.com** your Site Coordinator at **Happy Valley Elementary School**.

To learn more about our program visit our website at **www.minimermaidrunningclub.org**

To contact the Mini Mermaid Running Club **info@minimermaidrunningclub.org**

MMRC is a 501c3 nonprofit California corporation, tax ID #45-4007304





Santa Cruz Half Marathon & 10K/5K

WAIVER: (Must be signed) In consideration of the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against Firstwave Events as the event principals, the City of Santa Cruz, California State Parks, all sponsors and their representatives and any and all claims of damages, demands, actions, whatsoever in any manner, as a result of my participation in the Santa Cruz Half Marathon and 10K/5K event, including, but not limited to any injuries I might suffer. I acknowledge that I am aware of the inherent risk in participating in an athletic event of this type. I attest and verify that I am physically fit and have sufficiently trained for competition in this event and that a licensed medical doctor has verified my physical condition. Furthermore, I hereby grant full permission to any and all of the foregoing to use my name, voice, and/or picture in any broadcast, telecast, advertising, promotion or other account of this for any purpose whatsoever. I understand that my entry fee is nonrefundable and nontransferable.

Signed: _____ Date: _____

If athlete is under 18 years of age, the parent or legal guardian must sign this waiver. This is to certify that the above minor has my permission to compete in the Santa Cruz Half Marathon & 10K/5K, is in good physical condition and that the race officials have my permission to authorize emergency treatment if necessary.

