



## ATTENTION 3<sup>rd</sup>-8<sup>th</sup> GRADE GIRLS.....

Spring is approaching and it is time to lace up the running shoes and gear up for another successful season of **FLAGSTAFF FLEET FEET!** As always, our goals for this program are to help each girl establish a strong sense of self, understand what it means to be healthy, how to stand up for herself, and how to have a positive self-image all while training to run a local 5K race. We will be holding practice Tuesdays and Thursdays after school from 3:30-4:45 beginning April 6. So, here's what we need you to do.....fill out the form below and return it to your child's teacher as soon as possible. All forms need to be returned no later than Wednesday, March 24<sup>th</sup>. Right now the cost is undetermined (be thinking in the range of \$40-\$50). We are still looking for a culminating race in which we can participate. Once we have race information we will have an exact cost. We are looking forward to another rewarding and fun season of running with your girls!!! If you have any questions please don't hesitate to email or call Kari Hvidevold at 303-651-7900 ext. 218 or [khvidevold@flagstaffacademy.org](mailto:khvidevold@flagstaffacademy.org).

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Please return bottom portion to your daughter's teacher as soon as possible!

Yes, my daughter, \_\_\_\_\_, would like to participate in Flagstaff Fleet Feet. She is in \_\_\_\_\_ grade in \_\_\_\_\_'s class.

If needed, I can be reached at \_\_\_\_\_, or email me at \_\_\_\_\_.

Thank you! We look forward to another great season!

Happy Running!  
-The Fleet Feet Coaches