



**AIK (Athletes In Kind)
Kilometer Club for Students
Fridays at Lunch!!**

The AIK (athletes in kind) Kilometer Club is a running program that encourages kids to be healthy and active while giving them a sense of purpose through giving. Children are encouraged to donate a small amount each week to families battling cancer.

- Every Friday (starting **November 06**) at 12:30pm the participating children will run 1-3km on a measured route on the Baker Drive school grounds.
- Attendance and distance will be documented each week by parent volunteers.
- A suggested donation of \$1 once a week on a run day is appreciated. This idea gives the kids the opportunity to be involved in what would traditionally be an adult donation to a charity.
- Each child must submit a permission slip signed by their parent or guardian if they wish to participate.

Any interested parents who would like to volunteer can contact either Kathleen Tennant tennantbillnkath@shaw.ca or Karla Scribner at karlas@shaw.ca

For more information contact the AIK website at www.athletesinkind.com

My child, _____ has permission to participate in the "Athletes in Kind" Kids helping kids kilometer club.

Parent/guardian signature _____

Email address and contact # _____

Child's birthdate _____

Date signed _____

Please provide your name and contact information if you are interested volunteering with the kilometer club. _____