

Maple Hill Milers

SIGN UP FOR MAPLE HILL MILERS

Running Club for Grades 4, 5 and 6

To all 4th, 5th, and 6th Graders,

Have you ever wanted to run a 5K? Or, maybe you have, and you'd like to beat your time! Or, maybe you just want to become a better runner! Consider joining us as we bring back a long standing running tradition in Castleton- **Maple Hill Milers**. We will train for 10 weeks and then run a 5K together.

Date of 5K: OK 5K in Kinderhook on Saturday, June 7th at 8:00 am

When: Every Tuesday and Thursday morning at 6:45 am

Starting Date: Tuesday, March 25th

Where: Maple Hill High School Track (students will get bused to CES at 7:25 am)

Price: Milers is free; the OK 5K cost is \$15 if registered by 5/31/25

**Scholarships are available based on family need. Email Mrs. Hirschhoff to find out more.

Parents are welcome to train with us on Tuesday and Thursday mornings, as well as sign up for the 5K!

If you have any questions, please email Mrs. Hirschhoff at ahirschhoff@schodack.k12.ny.us



Please return the portion below to Ms. Hall or Mrs. Hirschhoff by Friday, March 7th.

Yes. My child, _____, is interested in participating in Milers.
Child's Name

Yes. I plan on participating in Milers with my child. _____
Adult's Name

Child's Name

Child's Homeroom Teacher

Date Signed

Parent Signature