



*Training For Life, One Step At A Time*

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## PARENT INFORMATION

Students Run Oakland would like to thank you for allowing your child to take on the challenge of training for a 26.2 mile marathon with **Students Run Oakland**.

### **What is SRO**

The philosophy of *Students Run Oakland* is that marathon training is training for life. Students develop long-term goals, improve their health, and overcome obstacles. SRO provides a structured, noncompetitive physical fitness training to run a 26.2-mile marathon in a safe and positive environment, which encourages young people to lead healthier, more responsible lives. Through running and mentoring, SRO builds confidence and teaches the values of commitment and hard work, which the students can draw on for greater achievement in academics and other areas throughout their lives.

### **Time Commitment:**

- Five month program from the end of September to the beginning of March
- Each week: Mon/Wed training runs; Tues/Thurs Cross-training at YMCA: 3:15 - 5:30pm
- Saturday each week: 8:00am - up to seven hour (dependant on distance of run)
  - The Saturday run, may be substituted for a Sunday race event
  - The weekend run time commitment will get longer as the season progresses

### **What Your Child Gets**

- A weekend stay in Los Angeles (Chaperoned by adult volunteers)
- Tutoring & Mentoring
- Running Shoes & Uniforms
- Professional Nutrition, Running and Substance Abuse Clinics
- Personal Trainer, Yoga & Group Spin Cycle Classes at YMCA
- Transportation to all training events
- Injury Prevention & Treatment Information
- The program is offered cost free to students



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### **Adult Volunteers:**

Students Run Oakland is supported by adult volunteers that support and mentor the students through the marathon training process. All volunteers are required to be fingerprinted and go through a background check before they are allowed to participate with the students. SRO provides training, a "volunteer handbook" and a Volunteer Mentor to all volunteers to support them in mentoring teenage students. SRO monitors and requires a high standard of ethics for all its volunteers. Any volunteer that does not follow the rules and guidelines of SRO are removed from the program.

The adult volunteers that support and train with the students during the season are allowed to make the trip to Los Angeles at their own cost to chaperone and support the students during the marathon.

### **Los Angeles Marathon Trip in mid-March:**

When: Depart early Saturday morning from Oakland airport  
Return late Monday afternoon to Oakland airport

While in LA:

- A group of 3 - 4 students will be chaperoned by 1 - 2 adult volunteers at all times
- All meal expenses are covered by SRO
- All transportation is covered by SRO except for transport to/from Oakland airport
- SRO provides training and medical support during the entire weekend

We ask that you sign on the space provided below as proof that you have read all the documentation provide by Students Run Oakland and have a complete understanding of the SRO program, it's rules and responsibilities. Please have your child return to their SRO school captain.

- |                            |                                   |
|----------------------------|-----------------------------------|
| • Student Contract         | • Parent information sheet        |
| • Waiver                   | • Student Release permission slip |
| • Medical Form             | • YMCA Code of Conduct sheet      |
| • Asthma information sheet | • Physical Exam Sheet             |

Thank You.

Student Name: \_\_\_\_\_ School: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_