



*Training For Life, One Step At A Time*

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## **STUDENTS RUN OAKLAND 2009-2010 - STUDENT CONTRACT**

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 seeks to provide structured, noncompetitive physical fitness training 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.

**As a member of *Students Run Oakland* your full commitment to and completion of the program entitles you to receive benefits including:**

1. Training in distance running
2. Paid entry to all races including the *L.A. Marathon*
3. Transportation to runs and races
4. Running shoes, running apparel and marathon uniform
5. Healthy snacks and nutritional foods
6. PE credit (at select schools only)
7. Weekend trip to Los Angeles (airfare, lodging, meals, etc.) to run the L.A. Marathon
8. College scholarship (must provide college admission letter and write an essay about SRO experience)

**Training for and running a marathon is hard work and requires your full commitment!! As a condition of membership in *Students Run Oakland* the following is expected of you:**

1. Attend school regularly. Maintain a satisfactory record of conduct, citizenship and attendance.
2. Apply yourself to your studies. Maintain a minimum **2.5 GPA** before travel arrangements are made to L.A. Marathon. You are required to attend tutoring sessions arranged by SRO if your GPA is below 3.0. If grades are low, you will be required to get regular progress reports signed by teachers and you must turn in all required progress reports to Student Liaison as directed.
3. Sign a probational contract if you are not meeting the your obligations and is danger of not completing SRO's training program
4. Within 14 days of starting the training program, complete a physical exam. A physician's report must be on file with SRO by **Sep 25, 2009**.



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5. Apply yourself to your training. Attend all scheduled workouts, including mid-week runs, cross-training sessions and weekend runs. Show up for workouts on time, wearing running clothes and shoes, and prepared to run. Complete the weekly-required running mileage as outlined in the training schedule. Train responsibly to ensure that each mileage goal is met. Attend all clinics and abide by the nutritional advice, and otherwise achieve and maintain a healthy lifestyle.
6. Participate fully in all *Students Run Oakland* events. Be at the designated location at the appointed time for transportation to runs and races.
7. Complete a Half Marathon and a Twenty Mile Run within the prescribed time limit, after which an assessment based on your training, attendance and overall commitment (behavior and attitude) will be made to determine your eligibility for the trip to Los Angeles.
8. Inform your School Captain **in advance** of any need to arrive late or miss training or a run due to illness, injury or other reasons. SRO must agree **in advance** to an excused absence. This includes juniors and seniors who have SAT tests and application deadlines. Only the Executive Director can excuse a student from more than one training session due to injury. Failure to inform SRO in advance of an absence will result in the student being marked as an **unexcused absence**. No more than **three unexcused absences** will be allowed during the training period. **More than three unexcused absences will result in expulsion from the program, at the discretion of SRO.**
9. Respect the guidance and authority of your Captains, the SRO staff and adult volunteers involved in the training.
10. Demonstrate appropriate behavior before, during and after each event. Interact with and encourage other *Students Run Oakland* participants. Respect all those you come in contact with while participating in SRO events, including fellow students, adult volunteers, fellow runners on the trails, and residents of the community in which you are running.
11. Turn in all necessary forms by required due dates.
12. Create a new email address for SRO purposes by **Oct. 1, 2009**. It needs to be in the following format so that everyone in the SRO community can contact you efficiently:
  - sroyourfirstnamelastinitial@gmail.com
  - For example: sromichelled@gmail.com
  - You must check your SRO email at least twice weekly.



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13. Complete Student Survey at beginning, middle and end of season provided by SRO.
14. Complete community service hours as arranged by SRO.
15. **SRO students are prohibited from the sale, possession, or use of any form of tobacco, alcohol, steroids, or any illegal drugs or narcotics at any time during the marathon training season.** Infraction of these rules will result in the loss of your membership in SRO.

### **SRO Requirements for Shoes and L.A. Trip**

Running shoes, marathon entry and a trip to Los Angeles will be provided to students who have demonstrated that they have been regular and responsible participants in the SRO program.

Students will not receive running shoes unless and until they have done the following:

- Participated in and demonstrated commitment to the program, including having participated in required practice sessions and runs, including mid-week and weekend runs.
- Have their signed Parental Waiver Form and Medical Authorization Form on file with their SRO Captain.
- Have a completed physical examination on file with SRO.

Students will be cleared for the Los Angeles Marathon at the discretion of the SRO Executive Director. No student will be allowed to go to Los Angeles with SRO unless he or she has done the following:

- Joined the SRO program by **October 10** and **turned all required SRO paperwork.** There are **NO** exceptions to this rule.
- Completed scheduled SRO weekend runs, including the half marathon and 20 mile run.
- Demonstrated good citizenship and completed the SRO community service requirement.
- Maintained a 2.5 GPA.
- Written a short essay about their SRO experience.

**IF THE ABOVE CRITERIA ARE NOT MET, STUDENTS WILL RECEIVE NEITHER RUNNING SHOES NOR TRIP TO LOS ANGELES**



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I, \_\_\_\_\_ hereby agree to abide by the  
(Print name)  
above conditions.

I understand what is expected of me and recognize that a failure to abide in full by the terms of this contract may result in the loss of my membership in Students Run Oakland including the loss of all benefits. I understand that Students Run Oakland has the sole authority to determine if I have met the terms of this contract and otherwise qualify for the Los Angeles Marathon. I understand that I may be accountable for the entry fee of any race in which I have registered that I miss.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_