



Three Oaks Shamrock 8K



Dear Three Oaks Third, Fourth, and Fifth grade families,

It is time for us to start thinking about our Three Oaks Shamrock 8K Team. The main event race takes place at the Virginia Beach Oceanfront and is scheduled for **March 21st at 7:30 AM** at 30th Street and Pacific Avenue. To sign up for one of the races, please go to www.shamrockmarathon.com.

If your child is interested in running the 8K, select the 8K Student Rate. The student Rate is \$35, as well as a \$3 processing fee. Be sure to put Three Oaks in the school section when you register. Our 8K practices will be on **Tuesday and Thursday afterschool from 2:40-4:00 PM**. 8K practices are for students grades 3-5 who are registered for the 8K race and have completed and turned in the practice permission slip. **Practices will start January 23rd**. School nurses WILL NOT be available during practices after school. If your child may require any medical attention other than standard issued bandaids, please participate with your child during practice (inhalers, etc.). After school 8K pick up will be in the bus loop at 4:00 PM. Please bring your ID when picking up your student(s).

If you have any questions regarding our Shamrock 8K program, please email Mrs. Johnson at Tljohnso@vbschools.com. This year we will also be utilizing the **REMIND** app to send out important messages and updates for Shamrock 8K practices via text message. In order to receive these messages, text **"81010"** and enter the code **@toes8** (make sure to include the "@" symbol in front of toes8 and your child's name when joining the group). Practices WILL be cancelled through the REMIND app if there is inclement weather, so it is important that you join the group.

We hope you consider allowing your child to join us for this amazing event to promote operation smile, healthy living and the joy of running!

I give permission for _____ to participate in the Shamrock training after school beginning on Thursday, January 23rd and ending on March 19th, 2020. (Please note that students must be registered for the 8K in order to participate). I will pick my child up promptly at 3:55 and will also send in a written note to school if he or she WILL NOT stay after school for practice.

Parent Name: _____ Signature: _____

Emergency Phone Number: _____

Grade: _____ Homeroom Teacher: _____

_____ I would like to volunteer to run with students after school for Shamrock 8K Practices (3:00-4:00 Tues and Thurs)

I, (student signature) _____, understand that in order to participate in the Shamrock 8k practice after school, I need to model PACK behavior and abide by the student code of conduct.