

Dear Parents/Guardians of Woodside High School PE student:

Your son/daughter will be competing in a triathlon at the end of this quarter in his/her physical education class. A triathlon consists of a swim, bike ride and a run. Our annual Woodside High School Physical Education Triathlon will be a 200 yard swim, 2 mile bike ride and a 1 mile run. In this event, your student will be taking part in three different physical activities which cover a variety of physical venues. A Triathlon is a fast paced, strenuous physical activity. These are among the same activities that your student regularly engages in during Physical Education classes, although we don't use bicycles in PE. Since this event covers different types of terrain, your student will need to pay special attention to their performance. Your student will need to give their best effort to be successful in this activity. Our goal in the physical education department is to promote healthy lifestyles and expose students to as many different activities as possible.

Your student will be allowed to bring his/her bike to school on the day that they will compete. Please note that the school is not responsible for lost or stolen equipment, including bikes brought to campus. We will however, plan to have a secure location for students to park their bikes during the day of their event. Any type of bike is allowed in this event. Helmets are required for all riders.

If your student does not have a bike of their own, they are welcome to borrow a bike from a friend or rent one for a day. One place they can rent is in Menlo Park at Menlo Velo Bicycles: <http://menlovelobicycles.com/>. This shop rents helmets as well. If finding or riding a bike is a problem students can opt to double up on one leg of the race, for example: swim-run-run. Students who are unable to swim will "walk" their swim leg in the shallow end of the pool.

While we will be swimming and running this quarter, however, it would never hurt your student to do some extra training for this event. A good website to learn about triathlons and get training schedules is: <http://www.beginnertriathlete.com/>. We will do our best to prepare the students for this event. Each PE teacher is fully qualified to deal with any emergency that may arise. Parents are also welcome to come and watch the day of the event. We also will need parent volunteers if you are interested in helping please let us know-contact information is below.

Your son/daughter will also be asked to raise money through sponsorships for his/her participation in the triathlon. We ask that the students try and raise a minimum of \$40 although any amount is appreciated. All donations are tax deductible and will go directly to support the Physical Education Program at Woodside High School. Some possible ways in which this money will support our program: updating and maintaining the fitness center, adding new activity offerings such as skateboarding, ice skating and field trips to ropes courses (which include zip lining). Sponsorship information will be given directly to your student in his/her regular Physical Education class.

Students will be required to show proof of insurance (see below) in order to participate in the bicycle portion of the triathlon. If you do not currently have insurance for your student, information on obtaining insurance is on the back of this form.

I give my permission to my student to participate in the bike portion of the Woodside High School Triathlon. † (Please check box)

I give my permission for my student to bring his/her bicycle to school. † (Please check box)

_____ : Parent/Guardian Signature
_____ : STUDENT NAME (please print)

***We have insurance coverage for our family which provides \$1,500.00 medical and \$1,500.00 hospital benefits with:

Insurance Company Name _____ Policy/ID Number _____
650-367-9750: Perdikomatis *43705 lperdikomatis@seq.org , Pedrin *43704 lperdrin@seq.org,
Motylewski *43700 rmotylewski@seq.org, Tsui *40710 ktsui@seq.org