

September 7th, 2016

Dear Running Club Families,

Run Club will begin on September 20<sup>th</sup> and last through November 17<sup>th</sup>. We will start up again after the school break on January 10<sup>th</sup> and finish the Thursday before the Martian Marathon, April 20<sup>th</sup>. It is suggested that Kindergarten – 2<sup>nd</sup> grade attends Tuesday mornings and 3<sup>rd</sup> – 5<sup>th</sup> grade attends Thursday after school. This is to provide a safe environment in the gym on bad weather days. However, if your child can only attend the opposite day of their designated grade, we are more than happy to accommodate them on the day that works best.

We will begin our day with stretching and a warm up. We will then start our lap running. If weather permits we will go outside. Even if it seems chilly, the children warm up quickly. Please dress them accordingly as we will be outside most days. In addition athletic shoes should be worn on run club days. Sandals, crocs, flip flops, dress shoes, boots, etc. could lead to injury and your child will not be able to run on days they do not have proper footwear.

The goal of this club is to promote healthy living and the importance of exercise on a daily basis. Your child will condition and train to become an educated runner. Whether your child is the fastest runner or the slowest, we want to encourage them to enjoy exercise. Students should only compete against their own personal goals and work together to support all of the runners. We ask that students maintain a forward motion on the track and have a positive attitude. Please talk to your child about the conditions and expectations of Running Club before you sign up your child.

We will track student's laps throughout the year. Each student's goal is to run 25 miles by April 20<sup>th</sup>. Students may enroll in the Martian Kids Marathon, where they will complete their 1.2 miles for a total of 26.2 miles, a full marathon!!!

Students who are not in Running Club can still keep track of the miles they run at home and turn them in, so that they can still run in the Martian Marathon in April with the Running Club group. A log sheet can be requested to complete the running requirements at home.

**The Martian Race will be in Dearborn on Saturday April 22<sup>nd</sup>! Registration for the kids race is \$19 prior to 2-24-2017 and \$25 from 2-25-2017 through 4-7-2017**

#### **Run Club Days/Times**

**Tuesdays (Suggested - Kindergarten – 2<sup>nd</sup> Grade) – 8:00 am – 8:30 am**

**Thursdays (Suggested – 3<sup>rd</sup> through 5<sup>th</sup> Grade) – 3:50 pm – 4:20 pm (Please send a note with this form to inform us if your child will walk home or be picked up from Run Club)**

This form should be filled out and turned in by **Friday September 16<sup>th</sup>**. Any questions please contact, Laura Cain 646-831-7743 or laurarabecain@gmail.com.

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

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

Teacher's Name: \_\_\_\_\_

Parent Phone: \_\_\_\_\_ E-mail Contact: \_\_\_\_\_

Contact Preference: Text \_\_\_\_ or email \_\_\_\_

run club 2016/2017