

Calling ALL Runners!

“Staying healthy one step at a time!”

Who: All 3rd, 4th, and 5th graders who enjoy running!

Where: Klein Cain track

Time: 7:15am-7:45am

When: The club will meet on Fridays (Dates are below). If it is raining, we will still meet inside the school building! For the most part, it will be every other Friday starting on October 27th.

October: 27

November: 10

December: 1, 15

January: 19

February: 2, 16

March: 2, 23

April: 6, 20

Why Join? Running Club promotes enthusiasm for running and gives students an opportunity to participate in a before-school fitness program. The club has four primary goals:

- Teach proper warm-ups, stretches, and running technique.
 - Improve fitness with agility activities.
- Develop students' team spirit and leadership skills
 - Most importantly, make it fun to run!

Why Run? Running is healthy and fun! Students are recognized for their running accomplishments. Some students will reach 5, 10, 25, 50, 75 and even 100+ MILES!

Track information: The track at the school is 1/4 of a mile long. Therefore, running 4 laps around will equal one mile. Students will receive a running stick for every lap that they run in order to calculate their total. Rainy days will be held in Lemm's gym at Klein Cain.



Fill out the back of this paper and return to **Mrs. Eddy (Literacy Specialist)** by Wednesday, October 18th if you would like to participate in this fun running club!

How does it Work? Students will be running around a track and as a student completes one lap, he/she will receive a "Running Club stick". The students will complete as many laps as possible during the allotted time. I will let the students know when their running time is done, to get all of them to class before the bell rings. They will run for approximately 30 minutes. Students bring the sticks to me or a parent volunteer, where they will be collected and counted after each running session. I will keep a running total for each participant.

How do the stickers, tokens, and certificates work? We love to recognize our runners for their accomplishments in running. Here's what our runners can look forward to:

- Runners will receive a "running spirit stick", certificates, and special awards at the completion of the club. There may be special spirit sticks along the way!

Expectations:

Keep moving the whole time.

- Do not enter the building without permission.
- Do not leave the track area
- Every runner must be registered.
- Parents, please don't park by the track entrance.

Students will be expected to monitor their own behavior. If a student is disruptive they will not be invited to return.

Want to volunteer? I would love for parents to come and be active with their child! You can watch them run, encourage them, and even cheer them on. If you would like, you may also help with passing out the running sticks and tallying up the lap counts! Indicate below if you would like to help out!

Questions: Contact Mrs. Eddy with any questions: reddy1@kleinisd.net

Please fill out the bottom portion and return to Mrs. Eddy. Keep the top for your information.



_____ I would like my son/daughter to participate:

First and Last Name: _____

Grade: _____

Teacher: _____

_____ I would like to volunteer and help!

Name: _____

Email: _____