



RUN CLUB 2018-2019

Monday-Wednesday-Friday from 7:45am - 8:05am

Sign-up events on campus:

Tuesday, August 28 from 2-3pm

Friday, Sept. 14 and Sept. 21 from 7:45am-8:20am

RUNNING BEGINS MONDAY, OCTOBER 1, 2018

The Washington Run Club is a 3x/week running club for grades Kindergarten through 5th that provides a positive and healthy opportunity for our children to develop a daily routine of physical exercise. Regular exercise before school also helps increase attentiveness and behavior in the classroom.

LAPS: WE ARE ELECTRONIC! Each child will be assigned a plastic card with a personalized bar code at the beginning of the school year. We will store the cards at school like we have in the past. Each lap around the perimeter of the soccer field is $\frac{1}{5}$ mile. Lost or damaged cards are \$1.

NEW THIS YEAR:

End of year party – Each runner that runs 100 or more miles will be eligible to participate in the end of the year run club party the last week of school, including bouncy-house, prizes, food and more. More details to follow.

To encourage integrity and honest, and due to complaints of runners cutting corners in the past, we will implement a no cheating policy this year. If a runner cuts corners, their run club card will be taken for the remainder of that run club day. They are welcome to resume running on the next run club day.

MONTHLY AWARDS: A “Toe Token” will be awarded for each 5 miles (25 laps). Additional charms will be awarded at the milestones of 25, 50, 75, 100 and 125 miles.

PERMISSION FORMS: A permission form must be signed and turned in before a student can participate and get a card, even if you are a returning runner. Forms can be found at the front desk or at the field on Run Club mornings.

OTHER INFO: Please provide your child with filled, reusable WATER bottles or plan to use the drinking fountains on campus. No flavored drinks allowed on the field please. No running club if it rains – we will send out email cancelations. Family members are welcome to run with their child(ren)!

VOLUNTEER OPPORTUNITIES: We can use your help with overseeing run club one day/week, scanning laps, monitoring the course and runners, warm-up exercises, planning the end of year party and more. Please contact washingtonrunclub@yahoo.com for more info!

CONTACT INFO + QUESTIONS: The 2018-19 Run Club chairs are Ann Marie Hines, Silvia Chovit and Ryan Jamrog. Please don't hesitate to contact us at washingtonrunclub@yahoo.com with any questions or ideas.