



RUN CLUB 2017-2018

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

Sign-up events on campus:

Tuesday, August 29 from 2-3pm

Friday, Sept. 15 and Sept. 22 from 7:45am-8:20am

RUNNING BEGINS MONDAY, OCTOBER 2

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 GOING ELECTRONIC THIS YEAR! Each child will be assigned a plastic card with a personalized bar code. 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.

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 following link: <http://explorerspta.org/2017/08/28/running-club-2017/>, at the front desk or at the field on Running 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. 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 2017-18 Run Club chairs are Ann Marie Hines, Chris Wilkas, Silvia Chovit and Ryan Jamrog. Please don't hesitate to contact us at washingtonrunclub@yahoo.com with any questions or ideas.