



SPFA Spring Running Club 2024 - Starts Tuesday, April 23, 2024

Available running times are below and students can come as many times as they wish:

Tuesday to Friday Mornings: 8:15 - 8:35 am at the big green sign

Tuesday- Thursday Lunch during recess (25 minute window) at the big green sign

*due to many after school commitments, we have elected to not have after school times this year.

Student running distances will be recorded by volunteer staff and parent supervisors based on laps run on our course, but students should also track extra kilometres on their own at home. We suggest creating a route with known distance or help your child to use a GPS watch that records distance. **The primary goal is that students enjoy being active, being part of a team, and challenge themselves to see how many kilometres they can accumulate. We will give each**

student an at-home tracking sheet right away and for the Little Souls Marathon on May 29, we can let you know the kids' at-school mileage prior to race day (it is expected kids have accumulated a total of 40.2 km before race day where they do the last 2 km - a full marathon!).

Each day, students should check in with a supervisor at the meeting point and then get running! Having a labeled water bottle and proper footwear for running is important. Especially before school in the cooler temps, dressing for the weather makes a difference, even on shorter runs. Be prepared for anything. If you ride the bus, you can still get a lap or two in once you get to school. It all matters!

We encourage all of our team members to participate in the Runner's Soul *Little Souls Marathon* this year on May 29 (visit <https://runnersoul.com/event/little-souls-kids-marathon/> for registration - or go to Runners Soul store website - there are only 109 spots left). Supervisors will be there to cheer the kids on! There are other great community events to check out, including Rita's Run 5 or 10 km walk or run on May 25 (<https://runnersoul.com/event/ritas-run/>) and the 3 km Donut Dash on the 25th (<https://runnersoul.com/event/lci-donut-dash/>). There is a good-sized listing of area fun runs and competitive races at <https://runnersoul.com/events/>.

The school cost of run club is an optional \$16.00 to cover the cost of a run club t-shirt. Once you confirm your child's participation, this item will be added to your SchoolCashOnline account.

****Please return this bottom form to the school by Friday, April 26 so we have accurate info available. A t-shirt order will be made for students who have paid their \$16.00 fee as of Tuesday, April 30. Sorry, but no late orders can be made.***

SPFA Spring Running Club 2024 - Parent Permission Slip

Student name: _____

Class: _____

I _____ give permission for my child to be in 2024 SPFA Run Club.

I give permission for supervisors to seek medical help if needed in case of emergency (initial _____)

Signature of Parent/Guardian

Emergency Contact Ph. #

Any known allergies or medical concerns to note

Feel free to come out for a run, too, or volunteer to be a run club leader! Let Mrs. Jones-Husch know if you're interested. We hope you will support your child's interest in running at St. Patrick Fine Arts!

Thank you,
Run Club 2024 Supervisors