



SPFA Spring Running Club 2023 - Starts Tuesday, April 25, 2023

My child, _____, has my permission to participate in the St. Patrick Fine Arts Spring Running Club.

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

Tuesday - Thursday Mornings: 8:10 - 8:30 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 supervisors based on laps run on set courses, 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 31, 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, confirm the run course in the field and then get running! Having a labeled water bottle and proper footwear for running is important. Especially for before school in the cooler temps, dressing for the weather makes a difference, even on shorter runs. Be prepared for anything.

We encourage all of our team members to participate in the Runner's Soul *Little Souls Marathon* this year on May 31 (visit <https://raceroster.com/events/2023/73443/little-souls-2023> for registration - or go to Runners Soul store website). 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 10 (<https://ritasrun.weebly.com/>) 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 this year is just \$14.00 and kids receive a new run club t-shirt. Once you confirm your child's participation, this item will be added to your SchoolCashOnline account and early payment is appreciated to pay our t-shirt printer. T-shirts will be ready mid-May.

***Please return this bottom form to the school by Thursday, April 27 so we have accurate info available.**

SPFA Spring Running Club 2023 - Parent Permission Slip

Student name: _____

Class: _____

I _____ give permission for my child to join 2023 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 2023 Supervisors