



# RUNNING CLUB

Making it fun to run!

K-5<sup>th</sup> Grades

January 9 – May 15, 2019

Cost: \$15 to Brookwood Elementary PTA

WHERE: BWE Track

WHEN: Wednesdays

3:15-4:15pm



**Registration Ends December 17, 2018**

\*Registration, liability waiver & payment required by first running day

**PARENT VOLUNTEERS WELCOME!**

Questions or to volunteer, please  
contact:  
[Shawn.Swanson.Johnson@gmail.com](mailto:Shawn.Swanson.Johnson@gmail.com)

To sign up, please register at:  
<https://bwerunningclub.eventbrite.com>

## Frequently Asked Questions

### **Do I have to attend Running Club with my child?**

No, not at this time. But we would love to have you join us if you would like to run with the kids or volunteer. If the club is popular, then it may require adult participation in order to guarantee your child's spot in the club.

### **What does my child need to bring on club days?**

Make sure your child brings a snack, a water bottle, and either wears or brings comfortable clothes and tennis shoes on club days.

### **How many times will the club meet? How will progress be tracked?**

Based on talking with other schools who have started running clubs, we will start of meeting once a week on Wednesdays from January 9 – May 15. We will track progress in various ways:

- 1) Timed mile (run, walk or combination) at their first club on January 9<sup>th</sup> and a second timed mile in May to compare from start to end
- 2) Track their distance with a Running Log from the 18 club meet ups with ultimate goal of 26.2 miles or 1.45 miles each club day.
- 3) Optional participation in a local 5K event (run, walk or combo for 3.2 miles) either solo or as a group club. BWE will be hosting a community 5K in the Spring, date TBD.

### **In the event of bad weather will club activities be cancelled or moved indoors?**

Club will not be cancelled because of weather. We will utilize the gym area, hallways or other approved locations on rainy days. All parents must enter a cell phone # when they register their child so we will use an app alert like RemindMe to send out reminders as well as notify in case of any emergencies.

**What is the ultimate goal of Running Club?** Besides having fun, building character and establishing healthy habits through running, club members will attempt to reach 26.2 miles (distance of a Marathon) before the end of the school year. They will also have the option to participate in a community 5K sometime in April 2019.

### **What does my \$15 fee cover? Who do I make the check out to and where do I turn it in?**

Since this is the first time we are doing this at BWE, the hope is to provide a t-shirt and small tokens for completion of milestones. We are also looking into using part of the fee to join a group called Nike Marathon Kids, but more research is needed before we commit to that. Make checks payable to Brookwood PTA. Cash or checks should be placed in an envelope and marked "Attention Shawn Johnson or Running Club" and turned into the office or sent to school in your child's folder.

### **Will there be any adult there that is CPR certified in case the need arises?**

Ms Vincent and Ms Martin are planning on being present during club time.

### **Can I register at any time or only at the beginning of the running club season?**

Initially we stated it was okay to register anytime throughout the year, but in order to handle logistics and safety we will need interested students to register by December 17<sup>th</sup>. Release of liability waiver must be signed and \$15 fee must be paid in order to participate.

### **Are there any prizes for milestones?**

There will be mileage milestone chart tracker... the child can check off their list for 5, 10, 13.1, 15, 20, 26.2, 50 or more. The children who meet major milestones will be eligible for a small token once their log is calculated and verified. Club members will also have the option to participate in a community 5K prior to the end of the school year.

**Do I need to get my child a physical exam prior to joining?**

No, a physical is not required.

**Will runs always be at BWE?**

In order to maintain safety, we will initially hold all runs at the BWE track. As we move along, we can discuss options for moving runs into the Brookwood subdivision. It will be dependent on numbers and volunteers.

**How will I know what and how my child is doing in the Running Club?**

PTA Website, school bulletin board. Volunteers needed to assist Amanda Herrera.

**Schedule:**

- 3:15 Change clothes if needed, bathroom break, eat snack/drink water, and any other run prep tasks
- 3:30 Stretching/Warm Up/Lesson
- 3:40 Running and/or walking
- 4:10 Cool down
- 4:15 Parent Pick Up

## Brookwood Elementary Running Club

### RUNNING LOG – Jane Smith

Spring 2019

Week	Date	Distance	Time	Comments
1	1/9/2019			
2	1/16/2019			
3	1/23/2019			
4	1/30/2019			
5	2/6/2019			
6	2/13/2019			
7	2/20/2019			
8	2/27/2019			
9	3/6/2019			
10	3/13/2019			Spring Break
11	3/20/2019			
12	3/27/2019			
13	4/3/2019			
14	4/10/2019			
15	4/17/2019			
16	4/24/2019			
17	5/1/2019			
18	5/8/2019			
19	5/15/2019			
<b>TOTALS &amp; AVERAGES</b>				