

## **ATTENTION----- FOLSOM RUNNING CLUB: K-5th**



### **FOLSOM RUNNING CLUB:**

**Kick off day: Thursday: March 30<sup>th</sup>, April 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> May 4<sup>th</sup> & TUESDAY MAY 9<sup>th</sup>**

**Scheduled weekly on Thursday-- EXCEPT FOR TUESDAY MAY 9th!**

**TIME : 3:15-4:15**

**COST: \$45.00**

All students are invited to participate in an active way to enjoy running/walking/jogging learning about being fit for life!

On Thursday afternoons, from 3:15 pm to 4:15 pm, we will be out back on Folsom school grounds walking, jogging, or running. What a fun way to get some fresh air, exercise, socialize with friends.

Students report to the gym at 3:15 pm. Pick up out front 4:15.

- Key chains will be given & 1<sup>st</sup> reward token on kick off day March 30th to all runners.  
Idea: The key chain can be connected to backpacks to show the runners accomplishments.
- Token rewards will be earned each day we meet. Runners have the opportunity to earn various running tokens depending on the achievement they reached on that day.

### **Short list of important rules:**

- WEAR appropriate shoes for running. Please bring water bottle for hydration.
- Do not leave the track area or use the playground equipment.
- Every runner must be registered.
- Parents please pick up at the BACK of building on time.
- Keep moving the whole time.(run/speed walk/jog)

Students will be expected to have positive behavior and put in effort during run/walk/jog.

If a student is disruptive or not cooperative they will not be invited to return.

### **Cancellations & Updates**

Cancellations and updates will be announced at school during the day if weather is not appropriate for running. Runners will need to take regular transportation home.



# **FOLSOM SCHOOL RUNNING CLUB**

## **ATTENTION STUDENTS IN GRADES K-5<sup>TH</sup>**

***\*This activity will take place outside on school grounds. Please be sure runners are dressed appropriately for the running / exercise activities. \*\*Sneakers are mandatory.***

**WHEN: DATES: March 30<sup>th</sup> April 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> May 4<sup>th</sup> Last day: TUESDAY May 9<sup>th</sup>**

**Where: Folsom School Gym/Outside fields behind school**

**TIME: After School until 4:15pm Pick up behind gym (back of building)**

**COST: \$45.00**

- **MOTIVATE YOUTH TO BECOME FIT.**
- **HELP STUDENTS GAIN AN APPRECIATION OF WALKING/JOGGING/RUNNING AS LIFETIME EXERCISES.**
- **AID STUDENTS IN CONTROLLING BODY WEIGHT.**

**\*NON-REFUNDABLE\***

**Name \_\_\_\_\_ Grade \_\_\_\_ teacher \_\_\_\_\_**

**Parent \_\_\_\_\_ Phone \_\_\_\_\_**

**\*Make check payable to: Folsom School**

**Return in an envelope with your child's name and homeroom written on the front by Wed – March 29th**

***\* If there is inclement weather for a scheduled date we will reschedule a make-up date.***

**\*\*\* ANY QUESTIONS PLEASE EMAIL Ms. DeSordi at [ndesordi@folsomschool.org](mailto:ndesordi@folsomschool.org)**