

WELCOME TO EAGLE RIDGE RUNNING CLUB SPRING 2020!

Eagle Ridge PTA Running Club's purpose is to promote **FUN, FITNESS, and FELLOWSHIP** within our school community. We welcome returning runners and new runners to the Spring 2020 season!

WHEN - ERE Running Club will start the Spring session February 25 2020. We will meet every Tuesday upon school dismissal at 3:15pm until 4:15pm **sharp**. Each grade will gather at a designated area inside the school where volunteers will take attendance and then escort everyone to the sports field.

KINDERGARTEN AND 1ST GRADE - You or an authorized adult/guardian **MUST** be present on the field for the **entire** duration of each session. **THERE WILL BE NO EXCEPTIONS TO THIS RULE.** You will need to check in with a volunteer prior to your child being permitted to run each week. This will be enforced.

2ND GRADE – 4TH GRADE - Students in these grades are welcome to run by themselves; although we always love when parents (grandparents, younger siblings in strollers etc) join us! If your child has a younger sibling(s), we would love to have them participate as well.

PARKING & PICK UP - Please do not park where it will interfere with school dismissal / car lines. You are welcome to park in the cafeteria parking lot. Each ERE Running Club session will end at 4:15pm, at which time we will release all runners to their parent/guardian.

CLOTHING - Your child will receive an ERE Running Club T-shirt. Please have him/her wear it for school on Tuesdays so that the teachers know where to send your child after school. It is also fun for the kids to spot other kids who are part of the club! For safety and comfort, each participant must also wear suitable clothing and sneakers. Please no open toe shoes.

WATER - We will use paper cups for water, and we have one water station on the field. The kids are not allowed to run with water, or splash water on each other. Please have your child bring a water bottle every week so they have water **before** and **after** the run. We advise that we have your child label it with their name. We will remind the kids to fill their bottles at the water fountain before they go outside.

COUNTING LAPS - Each runner will get a personalized lanyard with a QR code when they are checking in before each ERE Running Club run. Every time the runner completes one lap around the playing field (5 field laps = 1 mile) their code will be scanned by a volunteer. At the end of each session we will run reports and update our display by the gym at ERE. Depending on the number of laps completed, each child has the chance to collect charms to display on their necklaces. We will have charms and a certificate for every 5-mile milestone reached, as well as a 26.2 miles (marathon) charm and a certificate.

BEHAVIOR AND CHEATING - Every runner must behave in line with the Eagle Ridge expectations of a normal school day. Unacceptable behavior will not be tolerated. Students will receive two warnings along with a phone call home if they do not behave appropriately. This will be recorded and if there is a third incident, the child may be asked to stop attending ERE Running Club. Cheating will not be tolerated. If caught cheating you will not be eligible for any trophies at our award ceremony. If caught cheating for the first time, the runner will receive 0 laps and a phone call home. If there is a second incident, the runner will be asked to stop attending ERE Running Club. This is to ensure fairness for all students participating in ERE Running Club.

Playing on the playground is **NOT** permitted - children must stay on the field at **ALL** times.

INCLEMENT WEATHER - The front office at school will be notified no later than 1:30pm if ERE Running Club will **NOT** be held that day. Please contact the office at **817-744-6300** to find out the status. We will also send out an email and post on our Facebook page with updates. (Email will be used frequently for ERE Running Club updates, information and reminders).

VOLUNTEERS - We **REALLY** do need volunteers every time we meet to make things run smoothly. The more the better! Please let us know if you would enjoy being a part of this rewarding role! All volunteers need to be background checked. Please contact Anita or Stephanie if you are interested.

ERE RUNNING CLUB SPRING 2020 THEMED RUNS

In an effort to keep ERE Running Club fun and exciting, we will have weekly themed runs. Below is a **tentative** list of runs for Spring 2020

Spring 2020 – 9 sessions

02/25/2020 Welcome Back Run

03/03/2020 Cowtown Run

Spring Break ERE Closed

03/17/2020 St. Patrick's Day Run

03/24/2020 Spring Run

03/31/2020 Teacher and Family Participation Run

04/07/2020 Color Run

04/14/2020 Water Balloon Run

04/21/2020 Earth Day Run

04/28/2020 Grand Finale Run

05/05/2020 End of year awards ceremony

*Note that the dates and themes are subject to change. We will keep an updated list on our Facebook page (ERE Running Club) and send email updates as well.

Welcome! We are looking forward to seeing you on the field.

CONTACTS

Anita Kletvang & Stephanie Smucker

ERE Running Club Co-Leads

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703-627-5791 / 281-913-9371

Facebook: <https://www.facebook.com/ererunningclub>

