

WELCOME TO EAGLE RIDGE RUNNING CLUB SPRING SESSION 2019!

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 2018-2019 season!

WHEN - Running Club will start the Spring session February 26, 2019. We will meet every Tuesday upon school dismissal at 3:15pm until 4:15pm **sharp**. Each grade will gather at a designated area within school, where volunteers will take attendance and escort everyone to the sports field behind the school building. Playing on the playground is **NOT** permitted - children must stay on the field at **ALL** times.

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 yourself in with a volunteer prior to your child being permitted to run each week. This will be enforced.** Please make sure you do not park where it will interfere with school dismissal. You are welcome to park in the cafeteria parking lot. Each Running Club session will end at 4:15pm, at which time we will release all runners to the parent/guardian that had previously checked in.

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.

CLOTHING - Your child will receive a 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 have their hand marked as he/she completes one lap around the playing field (5 field laps = 1 mile). At the end of each session, all of the marks will be counted and recorded. Depending on the number of laps completed, each child has the chance to collect charms to display on their necklaces. We will have charms for every 5-mile milestone reached, as well as a 26.2 miles (marathon) charm.

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 Running Club. Cheating will not be tolerated. If caught cheating for the first time, the runner will receive 0 laps and a phone call home. If there was to be a second incident, the runner will be asked to stop attending Running Club. This is to ensure that all students enjoy their Running Club experience.

INCLEMENT WEATHER - The front office at school will be notified no later than 1:30pm if 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 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! We need enough volunteers to make Running Club safe and successful, or in worst case we will have to cancel. All volunteers need to be background checked. Please contact Stephanie or Anita if you are interested.

ERE RUNNING CLUB 2018-2019 THEMED RUNS

In an effort to keep running club fun and exciting, we will have weekly themed runs. Below is a **tentative** list of runs for the SPRING SESSION 2019:

Spring 2018 – 9 sessions

02/26/2019 Cowtown Run
03/05/2019 Teacher and Family Participation Run

Spring Break ERE Closed

03/19/2019 St. Patrick's Run
03/26/2019 Spirit Run
04/02/2019 Color Run - House run
04/09/2019 Spring Run
04/16/2019 Earth Day Run
04/23/2019 Water Balloon Run
04/30/2019 Grand Finale Run

05/07/2019 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 see you on the field.

CONTACTS

Anita Kletvang & Stephanie Smucker
Running Club Co-Leads
Running_club@erepta.org
703-627-5791 / 281-913-9371

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

