



JOIN THE IVY HILL EAGLE RUNNING CLUB

Kindergarten through 5th grade Students, parents, and Staff

This is the fourth year of the successful Ivy Hill Running Club! Our goal is to teach the children that running is a great sport that ANYONE can participate in and have fun while doing it. Our course will be on school grounds as well as in the neighborhood.

We will meet once a week, Thursdays, over 2 weeks (April 12 and April 19). Our sessions will consist of:

3:35 Check-in at table in the commons then the children will proceed outside & set backpacks on wall opposite of the flag outside.

3:35-3:40 Bathroom break if needed

3:40-3:50 Discuss routes, day's activities, and Warm Up and Stretching

3:55 Begin Running

4:05-4:10 Cool down, snack, and stretching

4:05-4:15 Time permitting running "fun" activity

4:15 **Pick Up**

Important Tips:

- 1) Runners should use the bathroom before we begin.
- 2) Bring a healthy snack (apple, banana, pretzels, granola bars etc). We cannot provide snacks.
- 3) **BRING A LABELED WATER BOTTLE.**
- 4) Wear comfortable **running shoes** and appropriate attire for the weather.
- 5) For safety reasons, it is very important to indicate who will be picking up your child.

Cancellation Policy:

Running will be cancelled if it is clearly a rainy day. PLEASE LEAVE A PHONE NUMBER WHERE WE CAN REACH YOU. Runners will then go home in their usual manner, or parents can make other arrangements.

If a runner can't run that day, please call Andra Morgan (847) 910-5864 ASAP or we will be expecting your child.

If you would like to participate, please fill out the attached form and return it to the office by April 10th. Also, we need parents to help us make the Running Club a success. Note the volunteer sign-up on the attached form.

ALL PAPERWORK MUST BE COMPLETED IN ORDER TO PARTICIPATE.