

Monarch Marathoners Running Club

3rd - 5th Graders

2018-2019

Running Club has really grown since we started in 2013 with 35 students. Last year we had over 100 runners.

We will have two 8 week sessions with a limit of 75 students per session. We will meet every **Tuesday and Thursday mornings (weather permitting) from 7:15-7:45am** and each session will train for 8 weeks and conclude with a race that will take place at Monarch. Students will accumulate miles throughout the year during the group runs and running on their own. Awards will be given at the end of the school year for all running club participants, half-marathoners (13.1 miles), and marathoners (26.2 miles)!

- ★ Running Club is Tuesday AND Thursday Morning 7:15-7:45 (weather permitting)
- ★ Dates of Sessions:
 - Session 1 – October 2- November 27 (Family Fun Run at Monarch- December 1)
 - Session 2 – February 5- March 28 (Family Fun Run at Monarch - April 6)
- ★ Due to the large participation numbers, students can only sign up for 1 session.
- ★ Spaces will be limited to the first 150 students to register.
- ★ **Parent volunteers are needed every morning!** It's a big group and we can't do it without you! Middle and high school siblings can also earn volunteer hours.
- ★ This is only for students in 3rd-5th grade.
- ★ Running club fees are \$20 per child, which includes a Monarch Marathoners t-shirt*. Additional shirts are \$8.
- ★ Registration will take place on September 10th and **will close when 150 students are registered** or on September 17th.
- ★ No late registrations will be accepted.
- ★ Payment and Registration will be through monarchptastore.com

Each week of running club will focus on one specific aspect of the sport, including pacing, injury prevention, teamwork, and running form.

Dropping off your child between 7:10 and 7:15- please wait until there is an adult volunteer present before leaving your child. Please pull up to the cone to drop off your child. If you would like to stay, please park in the grass and not in the parking lot. We had a few situations where a parent parked in the parking lot and the child ran across the street and was almost hit by a car. If you must park in the parking lot please drop your child off first, then park.

Contact us with any questions: monarchmarathoners@gmail.com

864-608-6728 (Kelly), 864-567-3304 (Melanie), 843-814-6440 (Elizabeth)

