

McAuliffe Running Club



The McAuliffe Running Club kicks-off on Thursday, September 14th with the motto, “100 miles is just the beginning”. Running may be the main purpose behind meeting weekly, but the club itself helps each participant recognize that with grit and perseverance goals are achievable. Every week the 100 Mile Club will meet and go for a run near the school. Teachers and students will sign in every session to record their mileage for that day as well as any other miles they recorded throughout the week (Runners Honors). Applications that work well for

tracking mileage are: Map My Run and Strava. Participants that log 100 miles, 200 miles, 300 miles or 400 miles throughout the course of the year will be given a McAuliffe Running Club T-shirt (for their respective distances). Running club miles must be specifically for running club, you cannot wear a *Fitbit* to soccer, cross-country or tennis and record those miles- sorry! Participants are encouraged to join our “Remind” Group which will be how running club announcements are shared throughout the year (see below for more information). A *Remind Message* will be sent every Sunday including the day that we will be meeting and any other group announcements. There is a club fee of \$25 for each participant. This fee and permission form are due by **September 30th**. We know that life can get busy sometimes but runners must attend running club at least once per month in order to remain an active member.

For the month of September running club isn’t just running to support your own goals but running to support others. We will be running with Alex’s Lemonade stand, a pediatric cancer research group. Last year we were able to raise over \$1,000!

Running Club will be held weekly starting September 14th- May 3rd (If there is ever a cancellation due to weather a notification will be sent out to all of the participants).

Frequently Asked Questions:

- Q: What day is running club? A: Running days will vary so please sign up to receive the notifications. A notification will be sent every Sunday informing participants of the day that we will meet.
- Q: What time does it start and where do I go? A: Running club will start at 4:10 on the designated days and we will meet on the blacktop by the basketball courts to sign in.
- Q: Do I have to come every single week? A: No, but it is your responsibility to run and record your mileage on a piece of paper and then turn your paper into Ms. Olesiak’s or Ms. Vining’s mailbox (in the office). Participants are expected to submit their mileage weekly regardless if they are attending the meetings or not. Mileage will be tracked by Ms. Olesiak and Ms. Vining.
- Q: How often do I have to attend? Participants will be required to attend running club once a month.
- Q: Do miles that I run at cross country or soccer count? A: No, running club miles need to be specifically for reaching your 100 mile goal. Running for other sports does not count toward your McAuliffe miles.
- Q: Will we be running off campus? A: Occasionally yes, if we have enough teacher participants we are hoping to take small groups off campus. In order for students to run off campus, they must turn in a **parent permission form**- which is on the back of this form.
- Q: Do I have to be present to earn my shirt? Yes, runners must be present to earn their 100, 200, 300, and 400 mile shirts. We want to celebrate your achievement together!
- Q: If I run 100, 200, 300, or 400 miles and earn a shirt can I wear it to school? A: Yes, if you earn a shirt it will be dress code appropriate.
- Q: What does “runner’s honors” mean? A: “Runners honors” means you will be honest when recording your miles each week. “If it is not right do not do it. If it is not true, do not say it”.

To receive **running club notifications** please join the *Remind* group. To join via text: text this number: 81010 text this message: @mcauliffer To join via email: email: mcauliffer@mail.remind.com subject: (you can leave this blank)

McAuliffe 100 Mile Club- Permission Form:

Due by September 30th

I _____(guardian), give
_____ (student) permission to be a part of the McAuliffe 100 Mile Club. By signing this form, I am allowing my student to participate in the McAuliffe Running Club and I acknowledge that they may run off campus if there is a teacher student ratio of 1/5. Additionally, I acknowledge that my runner will need to be present at running club at least once each month and that I have paid the \$25 club fee.

Student Name: _____

Parent/Guardian Signature: _____ Date: _____

I have enclosed the \$25 club fee.

Emergency Contact Information:

Parent/Guardian Name: _____

Phone Number: _____

Student Health Concerns:

*Please return this sheet with fee to Ms. Olesiak or Ms. Vining's mailboxes (in the business office) as soon as possible. Thank you!

* For students who join late, please return this form and the \$25 fee to Ms. Olesiak or Ms. Vining as soon as possible.

Questions?

Contact Ms. Linsey Olesiak@ Linsey_olesiak@dpsk12.org or Ms. Abby Vining at Abigail_vining@dpsk12.org

