

# Running Club Starts Tomorrow!

Hello parents & guardians of Running Club members!

My name is Laura Thompson, and in addition to leading the Running Club, I am the McAuliffe Registrar and Communications Coordinator. Students can find me in the Community Office (room 102). I am also the head coach of the McAuliffe Cross Country team, which had about 175 runners this season! We also have a large group of kids signed up for Running Club (many from XC) and can't wait to continue running with these kids!

## **Here are the details for Running Club:**

Running Club will meet after school every Wednesday beginning tomorrow, November 9th and will go through Wednesday, May 17th. We will plan on running until 5:00pm each Wednesday, so please make a plan with your student about pick-up/getting home after 5:00pm.

Runners should put their backpacks in the small gym so they are secure while running, and meet behind the small gym to stretch prior to running. Runners need a water bottle and running shoes, and should be prepared to run in cold weather. If the weather is really bad, we may run inside the building, but I will communicate with our runners and parents if and when that comes up.

I will be sharing a Google Form that participants can complete each week to record their progress. Runners can record any mileage done outside of Running Club, but it is completely up to them to keep track of their mileage and submit it to me via the Google Form.

How is Running Club different from XC? Other than meeting only once a week, Running Club will be less structured than XC practices. The goal is to hit 100 miles before the end of the year, and we will be celebrating milestones on their way to their goal. Last year, the McAuliffe Run Club member ran over 5600 miles!

The fee for Running Club is \$30 and will be applied to your students' MySchoolBucks account by next week. You are also welcome to bring in a check made to MIS if you'd rather pay via check.

I have set-up a webpage where Running Club members can check everyone's progress and see pictures of our club and our milestone celebrations.

<https://mcauliffe.dpsk12.org/running-club/>

Please feel free to reach out to me with any questions at [miscrosscountry@gmail.com](mailto:miscrosscountry@gmail.com). Look forward to seeing all the runners tomorrow!