

ECC Running Club 2011

Tuesdays after school, 2:25-3:00pm

The ECC Running club meets on Tuesdays after school, at the lunch tables. Our first run is scheduled for **Tues. Sept 13th**. The goal of the club is to promote a healthy lifestyle through fitness. We welcome all ECC students and their family members to run with us. In fact, the club only works when we have enough of you with us along the trails, so come out and run...it's fun!

**** (Kindergarteners and younger must be accompanied by an adult.) All students must bring a signed permission slip to their first run, which is available on the PTA Website. ****

Volunteers are needed for various roles. Some roles don't involve running, such as time-keeper, crosswalk, sign-in helper, etc. Commitment can be weekly, semi-weekly or less.

General Format

- 1. Runners Sign In*
- 2. Group Stretch on field*
- 3. Run La Costa Valley course*
- 4. Record time*
- 5. Individual Stretch*
- 6. Popsicles-hooray!*

Occasionally we run the course in reverse direction, or incorporate "fitness stations" along the way. Although runners will finish at varying times, we aim to have all runners back to ECC by 3:00pm. In the event of rain, check the PTA website for cancellations. A schoolwide announcement will be made when rain comes late in the school day. The trails must be dry for us to run.

Questions? Contact Colleen Schlosser, colleenschlosser@hotmail.com