

Running Club / Track Intramural

6th, 7th, 8th Grade



It is time to get back into shape! Spring is coming and so is track. Join running club to get the jump on the track season, workout, or just have fun. Running club will meet in the back hall by the field house, dressed and ready to go at 3:10 after school. Running days will be posted outside the locker rooms and are listed below. Please have a ride available to pick you up at 4:15. We will be running outside in the neighborhood and woods, so please, dress accordingly. The first run will be Monday, March 8.

(We will monitor the weather and may cancel, but plan on running anytime ☺)

Running Dates – Running Club 2010		
3:10-4:10 PM Pickup by 4:15		3:10-4:55 Pickup by 5:00
Mon, March 8	Mon, March 15	Mon, April 5
Tue, March 9	Tue, March 16	Mon, April 12
Wed, March 10	Wed, March 17	Mon, April 19
	Mon, March 22	Mon, April 26

Thanks,

Coach Kelsey



(please return the bottom portion)

My student, _____, has my permission to participate in running club. He/She will have a ride available to pick them up from Hill by 4:15 PM in March and by 5:00 in April

Parent / Guardian Signature _____ Date _____

Home Phone _____

Cell Phone _____

Work Phone _____

Welcome to Running Club

- Please make sure you are dressed appropriately for the weather. We will be running outdoors, and will only cancel due to rain or extreme temperatures.
- If you are not dressed appropriately, you will not be allowed to run with the club.
- Please see the running calendar for club dates
- Layering your clothing is key to staying warm and at least should include the following items:
 - Hat & Gloves
 - Synthetic material long sleeve base layer
 - Insulating cotton shirt insulating layer
 - Fleece or sweatshirt insulating layer
 - Wind/water resistant outer layer
 - Insulated running pants
 - Running shoes
- Please be dressed and ready to run by 3:10 PM
- 7th or 8th grade student who wish to join the track team may do so on March 18.
- We will run until approximately 4:10 in **March** (Pickup by 4:15)
- We will run until approximately 4:55 in **April** (Pickup by 5:00)

IF YOU ARE NOT ABLE TO BE PICKED UP BY THE LISTED TIMES, PLEASE DO NOT ATTEND RUNNING CLUB THAT DAY.

Coach Kelsey

Running Club – Hill Middle School - March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8 Running Club 3:00-4:10 (4:15 Pick Up)	9 Running Club 3:00-4:10 (4:15 Pick Up)	10 Running Club 3:00-4:10 (4:15 Pick Up)	11	12	13
14	15 Running Club 3:00-4:10 (4:15 Pick Up)	16 Running Club 3:00-4:10 (4:15 Pick Up)	17 Running Club 3:00-4:10 (4:15 Pick Up)	18 7 & 8 th grade students may join track team No Running Club	19	20
21	22 Running Club 3:00-4:10 (4:15 Pick Up)	23	24	25	26	27

Running Club – Hill Middle School - April 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5 Running Club 3:00-4:55 (4:55 Pick Up)	6	7	8	9	10
11	12 Running Club 3:00-4:55 (4:55 Pick Up)	13	14	15	16	17
18	19 Running Club 3:00-4:55 (4:55 Pick Up)	20	21	22	23	24
25	26 Running Club 3:00-4:55 (4:55 Pick Up)	27	28	29	30	1