

2018 Summit Academy Girls Running Club

Overview:

Day: Mondays (some optional Fridays and Saturdays may be added)
Time: 3:15–4:30
Start Date: February 19th
Cost: \$100.00
Grades: 4th–11th
5K: May 19th – 13th Annual Outrunning Autism 5K and Fun Walk
Contact: Laura Cronin – lcronin@summit-academy.org

Information:

The Summit Academy Girls Running Club will focus on community, compassion, confidence and character. During each meeting, there will be a topic focusing on the challenging issues that girls may face in relationships with others, and within themselves. There will be interactive activities as well as self-reflective tasks on the topics.

Above all the girls will complete the activities collaboratively, while learning healthy lifestyle habits, including exercise. Students in the older grades, will be encouraged to be mentors and models for our younger students. There will be running involved in each practice.

Each student **MUST** have a running buddy or partner that will participate in the 5K, running with the student. This can be a parent, teacher, or other adult that can remain with the student during the race. We will only have 3 or 4 teachers available to be a buddy. The buddy will only be for the 5K, they will not attend the practices.

Other:

Girls should bring a healthy after-school snack. Girls should bring comfortable clothes for running. If the weather is cold please pack sweatpants, sweatshirts, gloves, etc. as we want to get outside as much as possible for our runs.