

Tuesday April 16th 2019

Your child has expressed interest in joining the “**Club de course**”. On **Mondays, Tuesdays and Thursdays from 1140am-12pm** your child will be running laps around our school block.

Running is a great skill to develop as it allows you to participate in many other physical activities with confidence and competence. It also keeps your body and mind healthy, strengthens your bones and reduces stress and tension.

The Running Club (Le Club de Course) is different from the Cross-Country Team, although students on this team are encouraged to participate. As part of the Running Club, some students will also have the opportunity to participate in the following:

Road Race @ LCVI: Wednesday May 1st (Grades 3-8)

Interested students in grades 3-8 will have the opportunity to participate. There is a cost (to be determined) associated with this event. Permission forms and further information will be sent home later this week.

Marathon Club (Grades 1-8)

This is an initiative where students in grade 2-8 will attempt to run a marathon (42kms) over the course of the month. Students in grade 1 will attempt to run a half marathon. Students will track their progress on their personal tracking sheet. The tracking sheet needs to be kept in his/her agenda so that both teachers and parents can initial the log. For every 5kms run, students will receive a “sweat bead” to create a bracelet.

Sweat beads can be collected from the following teachers:

Mme Pharand – Grade 1 students	Mme Adèle – Grade 3 students
Mme Drouin – Grade 2 students	M. Kyte – Grade 4-8 students

All students who complete 40km of the marathon or 20km of the half marathon **by May 15th** will join other students across the region to run the final laps at the CaraCo Track & Field Centre the following week. To complete the required distances students will also need to run at home. Please supervise (this is a good opportunity to get some physical activity together!) and track the progress of your child on the tracking sheet provided. Completed forms (coloured, logged and signed) must be returned **no later than May 15th (no exceptions)**.

If you have any questions, please contact any of us through the office.

M. Kyte, Mme Pharand, Mlle Stéphanie, Mme Drouin et Mme Adèle

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I give (my son/daughter) _____ permission to run around the block at lunchtime. *(please print full name)*

Grade _____ Teacher _____ Parent Signature: _____

Please detach and return to your classroom teacher

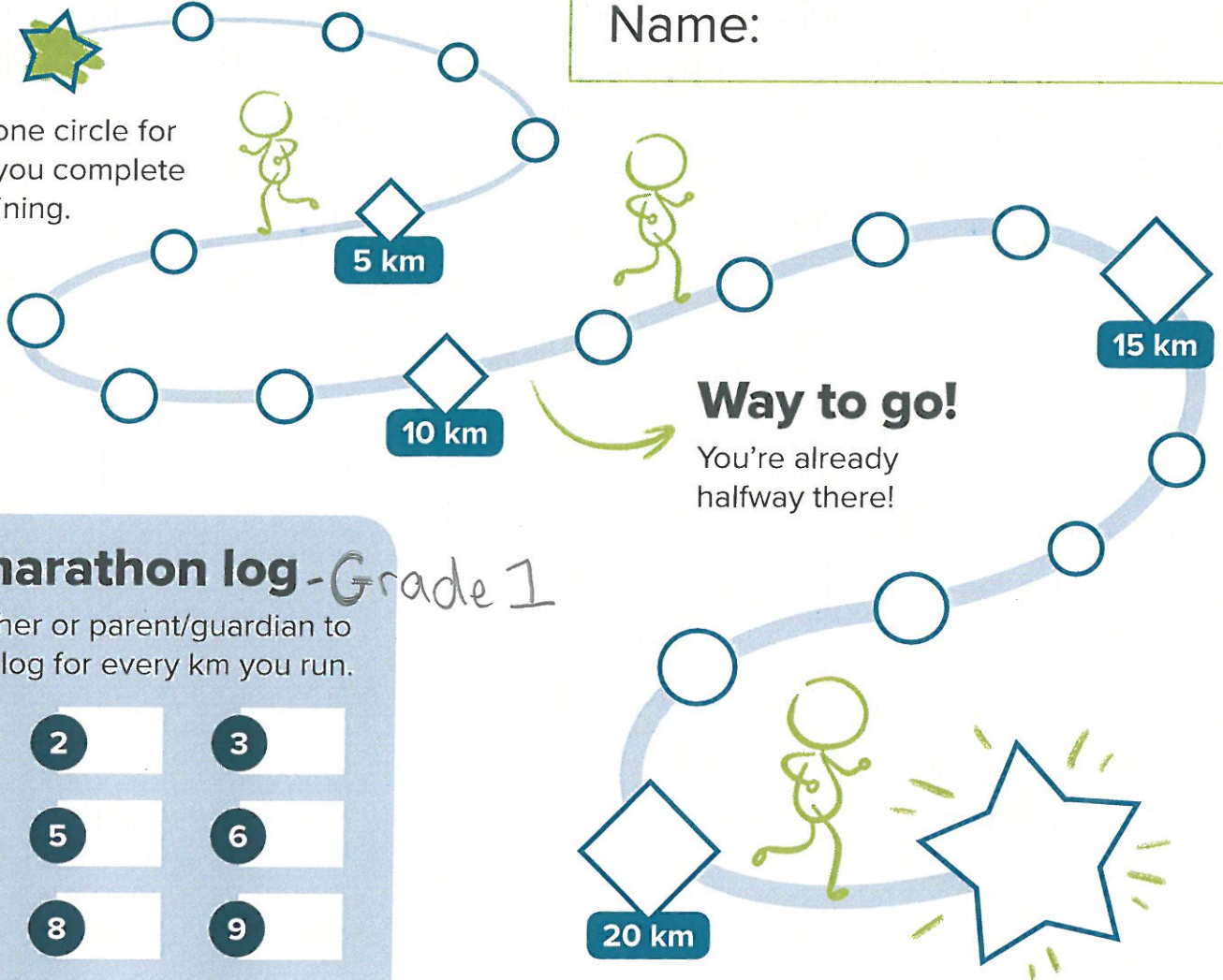
Complete Your Own Personal Half-Marathon!

Name:

Start!



Colour in one circle for every km you complete in your training.



Way to go!

You're already halfway there!

Half-marathon log - Grade 1

Ask a teacher or parent/guardian to initial your log for every km you run.

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21

Final km!

All marathoners will gather at CaraCo Home Field on May 21 or 22 to run the final leg of their 21 km half-marathon.

You did it!

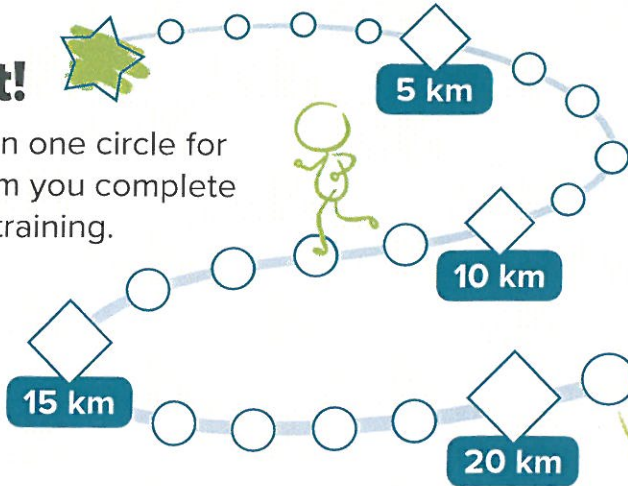
Don't stop now. Make running a part of your healthy and active life!

Complete Your Own Personal Marathon!

Name: _____

Start!

Colour in one circle for every km you complete in your training.



Way to go!

You're already halfway there!



Marathon log *Grades 2-8*

Ask a teacher or parent/guardian to initial your log for every km you run.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40
41	42		

Final km!

All marathoners will gather at CaraCo Home Field on May 21 or 22 to run the final leg of their 42 km marathon.

You did it!

Don't stop now. Make running a part of your healthy and active life!