

## Coalbanks Spring Running/Walking Club

Dear Parents/Guardians,

We are very excited to begin our Spring Running/Walking Club! The club is open to all students (K-5) and parents at Coalbanks Elementary School. To ensure the safety of our younger children in kindergarten, we are asking that parents or an older sibling accompany and participate with their child. If that is not possible, arrangements must be made with another parent/guardian.

Running/Walking Club will begin **April 15th and will run until May 29th**. Please see below for the tentative schedule. We will be meeting on **Monday and Wednesday afternoons at 3:45pm – 4:15pm**.

**Attendance:** We will assume that students who do not arrive by 3:45pm will not be participating and are in the care of their parents.

**Drop off/Pick up location:** The club will meet both days at the picnic tables behind the school. Students can leave their backpacks/belongings there while we run. We will be staying on the school grounds and will occasionally head across the street to the green space.

**Weather/clothing:** Please ensure that you bring your running shoes, active wear, a water bottle, and dress appropriately for the weather. During inclement weather times, it will be up to parents/guardians' discretion to decide if they wish to brave the elements and participate in that day. Run Club will **only** be canceled in extremely severe weather.

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Our goal this year is to participate in the **Little Souls Kids Marathon – Wednesday, May 29 at 6:30pm**. The goal for those participating in the race is to run an accumulating mileage towards a marathon (42.2km) with the final 2 km to be completed on the day of the Little Souls race! The run is at **Chinook High School**. **This is an event organized by Runners Soul and registration is already open.**

To register click on the following link: [2024 – Little Souls 2024 – Race Roster – Registration, Marketing, Fundraising](#)

PLEASE WEAR YOUR BLUE ON RACE DAY! This makes it easy for teachers and parents to identify our runners so we can cheer them on.

Log cards for tracking distance for the Little Souls Marathon will be distributed to interested runners on our first run day. This accumulated distance is not mandatory. Students are more than welcome to still participate in the 2km race. The completed log will be collected prior to the Little Souls Marathon (May 29th). Distances ran outside of club time can also be recorded on the runner's log. It is each runner's responsibility to honestly and accurately fill out the running log. For all runners who hand in their log and complete the 40.2 km, their names will be entered into a draw for a prize.

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Please complete the permission form link below to indicate your approval of your child attending the Spring Running Club **before our first meet up on April 15th**. If you have any questions, please do not hesitate to contact us.

<https://permission.click/bLaVD/ca>

Thank you!  
Coalbanks Running/Walking Club

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### Suggested Running Schedule

	Monday afternoons (3:45-4:15pm) longer run around the school path	Wednesday afternoons (3:45-4:15pm) speed work on the park across the street.
<b>Week 1</b>	<b>April 15</b>	<b>April 17</b>
Distance	2.5km (3 laps)	2.0km (4 laps)
<b>Week 2</b>	<b>April 22</b>	<b>April 24</b>
Distance	2.5km (3 laps)	2.0km (4 laps)
<b>Week 3</b>	<b>April 29</b>	<b>May 1</b>
Distance	2.5km (3 laps)	2.0km (4 laps)
<b>Week 4</b>	<b>May 6</b>	<b>May 8</b>
Distance	2.5km (3 laps)	2.0km (4 laps)
<b>Week 5</b>	<b>May 13</b>	<b>May 15</b>
Distance	2.5km (3 laps)	2.0km (4 laps)
<b>Week 6</b>	<b>May 20</b>	<b>May 22</b>
Distance	NO SCHOOL (PL Day)	2.0km (4 laps)
<b>Week 7</b>	<b>May 27</b>	<b>May 29</b>
Distance	2.5km (3 laps)	Race Day – 2km!

## Little Souls Kids Marathon Log Sheet

Name: \_\_\_\_\_  
First Last

School: \_\_\_\_\_

Complete the log sheet by recording the child's daily/weekly mileage.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total	Adult Signature
1									
2									
3									
4									
5									
6									
7									
8									

Total Mileage