

Coalbanks Walking and Running Club 2024-2025

Dear Parents/Guardians,

We are very excited to start back up our school year with Fall Running/Walking Club! The club is open to all students (K-5) and parents at Coalbanks Elementary School. Parents, you are invited, too! Please leave pets at home. 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 **September 10th to October 10th**. Please see the tentative schedule below. We will be meeting **Tuesday and Thursday mornings at 7:50am – 8:20am. This is a drop in club, it is not required for your child to attend all sessions.** Please do not show up before 7:45am. Students will be dismissed from the Running Club at 8:20am and will be asked to go to their appropriate entrance.

Schedule:

- Tuesday, September 10th (7:50am – 8:20am)
- Thursday, September 12th (7:50am – 8:20am)
- Tuesday, September 17th (7:50am – 8:20am)
- Thursday, September 19th (7:50am – 8:20am)
- Saturday, September 21st – Run for the Pumpkin (**optional**)
- Tuesday, September 24th (7:50am – 8:20am)
- Thursday, September 26th (7:50am – 8:20am)
- Tuesday, October 1st (7:50am – 8:20am)
- Thursday, October 3rd (7:50am – 8:20am)
- Tuesday, October 8th 7:50am – 8:20am **weather permitting***
- Thursday, October 10th (7:50am – 8:20am) **weather permitting***

Attendance: We will assume that students who do not arrive by 7:50 a.m. 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.

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. **If there is extreme weather, we will take the students inside for an alternate practice.**

Run for the Pumpkin Race (optional)

Our goal this year is to participate in the Run for the Pumpkin – **Saturday, September 21st**. There is a 2K race and a 4K race you can choose to sign up for. The run is south of **Nicholas Sheran School**, starting at 10:00am for the 2K and 11:00am for the 4K race.

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.

We encourage all runners to participate in the Run for the Pumpkin. *** Please note, this is a community organized race and not through our school. If your child is interested, please use the link below to sign up your child. * If participating, they need to be registered before race day. Registration entries will CLOSE Sept. 18, 11:59pm.** For more information, visit <https://www.racepro.ca/runfortheumpkin/>

If your child is interested, your child's teacher will have a sign-up form to fill out. You can also email us to let us know that your child/children will be participating. Forms need to be returned by September 10th to either Miss. Matthews or Miss. Rieger.

Thank you!

Coalbanks Running/Walking Club
Kyla Matthews, Jessie Rieger, and Megan Pasquotti

Kyla.matthews@lethsd.ab.ca
Jessie.rieger@lethsd.ab.ca

My child, _____ will be participating in Fall Running Club this year.

Grade/homeroom teacher: _____

Anything we should know about (ex: will arrive late, can only come Tuesdays, etc.):
