

Coalbanks Walking and Running Club 2025-2026

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 (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 9th to October 2nd**. Please see the tentative schedule below. We will be meeting **Tuesday** and **Thursday mornings at 7:45am – 8:15am**. **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 8:15am and will be asked to go to their appropriate entrance.

- **Attendance:** We will assume that students who do not arrive by 7:45am 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 for this running club.
- **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.**

Schedule:

- Tuesday, September 9th (7:45am – 8:15am)
- Thursday, September 11th (7:45am – 8:15am)
- Tuesday, September 16th (7:45am – 8:15am)
- Thursday, September 18th (7:45am – 8:15am)
- **Saturday, September 20th – Run for the Pumpkin (optional)**
- Tuesday, September 23rd (7:45am – 8:15am)
- Thursday, September 25th (7:45am – 8:15am)
- Tuesday, September 30th – NO SCHOOL
- Thursday, October 2nd (7:45 – 8:15am)

Run for the Pumpkin Race (optional)

Our goal this year is to participate in the Run for the Pumpkin – **Saturday, September 20th**. 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! *** 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.** For more information, visit

<https://www.racepro.ca/runforthepumpkin/>

If your child is interested, please email Kyla Matthews or Jessie Rieger to confirm your child/children will be participating.

Thank you!

Coalbanks Running/Walking Club

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Jessie Rieger Jessie.rieger@lethsd.ab.ca