



Join Vista Grande's Run Club!

****Starts Monday September 11th!****

Run Sessions: Mondays, Tuesdays, & Thursdays 8-8:30am

How it works:

- Warm up begins at 8am. Last lap at 8:20.
- Laps are recorded using the StrideTrack scanning system. Progress can be monitored via the StrideTrack app or by logging into www.stridetrack.com and entering runner login number from badge.

Awards:

- Super Feet awards are presented on Monday mornings for every 5 miles completed.
- Larger distance achievements are awarded each trimester during school assembly.
- Distance achievements include: 50 miles = certificate, 100 miles = medal, 150 miles = trophy

What does membership donation include?

- Run Club shirt - guaranteed for sign-ups before November 18th!
- Super Foot chain and rewards earned.
- Badge to hold personalized scannable barcode and use of StrideTrack tracking system.
- All Run Club activities: Teacher Invitational, Pace Workshops, monthly competitions, end of the season party, and much more!

Club Rules:

- Kids may run or walk, but not roughhouse. Kids who violate the rules will be asked to sit out.
- Kids may stop running and join their class line at 8:15 if desired.
- **All Students must go to class with clean shoes. We also recommend a change of socks.**

Student Responsibilities:

- Each child is responsible for their bar code and Super Foot necklace.
- There is a \$2 fee to replace necklace and Super Foot awards / \$3 fee to replace badge.
- We encourage parents to promote responsibility and consequences and ask kids to cover their own replacement fees.

Communication-- Make sure to supply a valid email address and read Run Club emails to stay in the loop for all important Run Club events and updates. Add runclub@vistagrandepta.com to your address book to make sure emails go to your inbox and not junk folder.

Contact us at runclub@VistaGrandePTA.com with questions. Ready to Sign up? Click the link below to fill out the form!

www.memberplanet.com/s/vistagrande/runclub23-24

FAQ

Rain: If it is wet, we will meet in the MPR at 8am sharp for a short workout and earn one mile.

Extra Credit: Students can earn extra miles by participating in official running events like 5K races outside of school. Please email runclub@vistagrandepta.com for verification requirements.

Why join?

- Teachers often say the Run Club kids are the most settled and focused in the classroom
- Students feel a sense of accomplishment and build self esteem
- The stage is set for a life-long love of fitness
- Students learn how to work toward long term goals