

Audubon PTSA Extended Classes Running Club for 1st – 5th Grade Wednesday mornings / Thursdays after school



The Audubon **Running Club** is a great way for students to get outside and run with other friends for exercise. Students will run through the courses throughout the playground and campus. Mr. Kyle Coe (kcoe@lwsd.org) and Audubon parents will be supervising the **Running Club**.

When? Running Club will take place on **Wednesdays** before school **8:00 – 8:35 a.m.** and **Thursdays** after school from **3:25 – 4:00 p.m.** starting on **February 20th** and continue for 15 weeks through **June 6th**.

Require separate registrations for each student on the PTSA website at <http://audubonptsa.org/Page/Enrichment/Extended%20Classes>

Every student must be picked up promptly on Thursdays at 4:00 p.m.

**** Students that are not picked up promptly may lose Audubon Running Club privileges****

Where? Students will leave their backpacks in the covered play area before school on Wednesday mornings, and in the gym after school before meeting near the sand playfield. Students will be running the course on the Audubon playground and campus. Runners should wear proper athletic shoes and dress appropriately for weather.

Why? To have the experience of running with classmates to get much needed exercise on a safely designed running course. Running Club incentives will include tokens for every 5 miles (20 laps) successfully completed.