



SUTTON RUNNERS CLUB



and SUTTON CROSS COUNTRY

Spring 2011

- *START DATE: Wednesday, March 2, 2011
*TIMES/DATES: Every Monday and Weds, March 2 through May 11, 2011
From 3:15-3:45 (We may end a few minutes later as we add mileage)

*AWARDS/HONORS:

Sutton Runners Club T-shirt: You get a t-shirt after running 10 total miles.
(All you have to do is come run from March 2 through March 30,
PLUS add 1 more lap around our field.) These are courtesy of the Sutton PTO!

Sutton Cross Country T-shirt: You get this shirt after running 25 total miles.
(All you have to do is come do the required running from March 2 through
April 27, and show that you can run 3.1 miles (5K) without stopping.

Each run from April 20 through May 11 will include a 3.1 mile (5K) run.

- *Mileage must be officially logged by a teacher, and done in the presence of a teacher.
*If a student is working to achieve a shirt, but is sick and/or absent one day, the mileage may be made up on another day in the presence of a teacher.

***ATTENTION**: Each day will include a little bit of stretching, a little bit of walking, but mostly it will require **Running**. *This can seem like hard work!* Students may get hot and tired. They should NOT attempt this unless they are cleared by a physician. This is not a *walking* club. Those students who can only walk are encouraged to do their walking frequently, with friends and families, but at another time. Our club is a **RUNNING** club. Of course, students may need to walk a little in between intervals of running, to start with. They can do this for the first couple of days. But after that, they will be asked to run the required distance for the day. They will be required to at least **JOG** the required distance. This is a **RUNNING** club. There will also be a water break after the required run. After the break, if time is left, students may simply walk, or run some more, under teacher supervision. Everyone stays on the field until all are finished, **UNLESS** there is some emergency.

***REQUIREMENTS**

- Bring your own water bottle to the field. Follow all Sutton School/ OPS rules for behavior.
- Be changed and ready to go at 3:15 p.m., meet quietly in the gym.
- You must have permission from parents, and you should get OK from your doctor to run.

***SUGGESTION**

Students are encouraged to run at least 1 other day a week with parents/families.

***BIG GOAL**: For everyone to run in the BBQ Festival 5K race on May 14, 2011, 8 a.m.

SEE THE BACK FOR THE REQUIRED DISTANCES FOR EACH DAY, AND THE RELEASE FORM TO BE SENT BACK BY PARENTS!

**You must have permission from parents, and you should get OK from your doctor to run.*

Required mileage plan (given in miles)

March

2 .5 miles of running (that's approximately 2 times around the big field behind the school)
7 .5 miles
9 .75 (about 3 times around field)
14 .75
16 1.0 (4 times around the field)
21 1.0
23 1.5 (about 2 laps around our city block)
28 1.5
30 2.25 (about 3 laps around our block, *STUDENTS COMPLETING 10 TOTAL MILES GET THE SUTTON RUNNERS CLUB T-SHIRT!*)

Spring Break Please run on your own with families!

April

11 1.5 miles
13 2.25 (4 laps around the block)
18 2.25
20 3.1 (This is our first official teacher-led 5K distance, about 4 laps around the block)
25 3.1 (Students may continue to "attempt" this distance)
27 3.1 (Students may continue to "attempt" this distance, *STUDENTS COMPLETING 25 TOTAL MILES GET THE SUTTON CROSS COUNTRY T-SHIRT!*)

May

2 3.1 (*Only students who have proven they can run the 5K continuously* may continue running at this time. We are now TRAINING for the BBQ Festival 5K)
4 3.1 Only 5K runners running
9 3.5 Only 5K runners running
11 3.5 Only 5K runners running

***NOTE:** Everyone who wants to enter the BBQ Festival 5K Run/Walk can enter, no matter how long they stay in the Sutton Runners Club, and no matter how far they have run with us! Fee is \$15 by May 6, and is \$30 for a family.

- - ***Fill out the form below, CUT OFF! And send back to Mr. Harrison*** -
___ Yes, my student has my permission to run in the Sutton Runners Club, spring 2011. They are physically able to run as detailed above, and will give their best effort.

Name of student

homeroom teacher

Signature of Parent

Date signed

Emergency contact phone number: _____