

Dear Parents and Students,

We are very excited to begin the 2010 St. Brigid Run Club! We need some adult volunteers to help supervise/exercise and encourage our students. We will have an informal meeting of parents who are interested in volunteering on Tuesday, March 30, in Mrs. Keating's classroom immediately after school (3:00). This will not be a running day; it will be a day to see what commitment we can count on from volunteers. This meeting will be brief. If you cannot attend but still wish to volunteer, please contact one of us. We are asking our volunteers not to bring preschoolers to the run club this year. We will need your undivided attention on our K-8<sup>th</sup> grade runners.

The Run Club will meet on Mondays and Wednesdays (each student will change /bathroom and be ready to go by 3:00p.m.) and finish by 4:00p.m. We will begin and end each meeting by stretching in front of the PAC. We will run OUTSIDE rain or shine. We will have the students cross Purcell to the athletic fields/trails beside the pool. Most of our training will take place on the trails. We will discuss how to dress, shoes, nutrition, and healthy lifestyle. Each student will be responsible for exercising one day over the weekend. Our first meeting will be on Monday, April 12. Please have the students dress in layers and wear supportive athletic shoes. Also, bring a water bottle! There are some papers that must be signed before your child can stay after school for the Run Club.

Students must understand that they are expected to at least walk during our exercise time, be respectful of others, and have fun! If you and/or your child is interested, please contact one of us. It would be nice to know how many students and parent volunteers are planning to attend.

Anyone who attends 75% or greater of our meetings earns free entry into the St. Brigid 5K! The 5K is Saturday, May 22, at 8:00am.

Hope to see you at the parent meeting on Tuesday, March 30, and the first Run Club meeting on Monday, April 12.

Sincerely,

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Ms. Pohlman [cpohlman@stbrigidxenia.com](mailto:cpohlman@stbrigidxenia.com)

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