



## **RIGGS Running Club 2023-2024**



Roadrunner Parents,

Our running club will look a little different this year. We want to make sure you have a good breakdown and notice of future events. Due to time commitments and outside factors, we will ONLY have running club on Thursday mornings from 7:45-8:15. Gates will open at 7:40. While we won't be tracking mileage with Stride Track this year, students can still get some great cardio in before the day starts!! Students can certainly go above and beyond and run on their own time for extra practice. We will still have our 3 races this season and compete against other schools!

Important Dates:

Thursday Practice Dates: Nov. 16<sup>th</sup>, Dec. 7<sup>th</sup>, Jan. 11<sup>th</sup>

Race #1 - Thursday, November 30 @ Tumbleweed. (3:45 p.m.)

Race #2 - Thursday, December 14 @ Snedigar (3:45 p.m.)

Race #3 - Thursday, January 18 @ Tumbleweed (3:45 p.m.)

The fee will be \$10 this year because of the practice change. These fees can be paid through Infinite Campus. Shirts are available for purchase through the PTO spirit wear website. Shirts are not necessary but available for anyone who might want one.

**Running Club shirts can be purchased online at:** <https://createdimages.com/product/riggs-running-club-behind-me-short-sleeve-tee/>

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### **Running Club Registration Form**

**(Due by our 1<sup>st</sup> practice - Thursday, November 16<sup>th</sup>)**

Student's Name: \_\_\_\_\_

(First)

(Last)

Homeroom Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Gender (M/F): \_\_\_\_\_ (for race label printing purposes)

Parent(s) Name: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_ Parent Email \_\_\_\_\_