



Welcome to Groves Running Club! Our focus is to keep students active, set personal goals, and hopefully help them to develop a lifelong love for running.

The Running Club program is open to students in grades **6-12** (Students in 5th grade will be considered per request). All levels of experience are welcome! Students are grouped based on ability so they'll always have someone with them.

We will begin on Monday, April 11th and continue through Wednesday, June 1st. Running Club will be held on Mondays and Wednesdays when school is in session from 3:15 to 4:45.

Proper running shoes are **HIGHLY** recommended. We also need students to dress for the weather. If a student is not dressed appropriately for the temperature, they won't be allowed to run that day (i.e. shorts and a t-shirt when it's snowing). We will run outside as long as there is no thunder and lightning.

We will meet 15 times this season, including at least 2 timed 5K's around Lake Calhoun. Player transportation will be provided to all off-campus sites (usually Lake Calhoun, Isles, or Harriet). The rest of the times we will run east or west on the Midtown Greenway and its branches. We also participate in various fun runs around the Twin Cities. Participation in these is optional and transportation/payment for these extra races will be covered by each individual family. We will also be putting relay teams together for the Minneapolis Marathon if any students are interested!

The cost for your child to participate in Running Club is \$140.00. *The fee includes a Club T-Shirt and costs related to coaches and transportation. (All additional fun-runs will need to be paid by the student or their family). Please note - If the fee is a financial hardship for any family, please let us know and we will make appropriate arrangements.*

Please complete **(1) the attached registration form and (2) submit \$140 payment (check or credit card)**. Forms should be returned to the main office no later than **Friday, April 8th**.

Thank you for your interest and support for Groves Academy Running Club. We hope you are able to come and cheer us on at one of the 5K's or at a fun-run, and we look forward to another great season! Feel free to contact us with any questions or concerns.

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