

SLS Middle School Running Club

We are excited to introduce the first St Luke School spring running for students in grades 5-8. The program will provide students the opportunity to learn appropriate running form and etiquette, and proper conditioning techniques in an encouraging environment.

Running Club members will participate in 8 sessions this spring:

February 26th; March 5th, 12th, 19th; April 9th, 16th, 23rd, 30th.

Each practice session will begin at 3:15 and conclude at 4:30. The children will be escorted from the classroom to the gym the afternoon of each session. Each child will need to bring running shoes, shorts and shirt and a water bottle. Additional water and Gatorade will be provided.

Practice sessions will be conducted in the St. Luke Gym, on the school campus and at the Columbus Riverwalk just below the playground on 11th and Bay.

The students will be encouraged to participate independently in 2 or more 5K community races during the season. The season will conclude on April 30th with a two mile race at Lake Bottom Park.

The online registration form for SLS Running Club:

<https://payit.nelnet.net/form/geygwKfq>

The registration deadline is February 15th.

The participation fee for the St. Luke Spring Running Club is \$25 per child. The fee covers the cost of a running shirt and training equipment for the club. Additionally, a current athletic waiver is required for each child participating. The waivers may be found under "Athletics...Forms" on the school website.

Please contact me with any questions, jmilner@stlukeum.com

Sincerely,

Coach Milner