

Dear Parents/Guardians:

Spring is right around the corner! We are very excited to begin our Spring Running Club. The club is open to all students and parents at Dr. Probe School.

The Spring Running club will begin on **Wednesday, April 10 and run until May 29.**

The club will meet on the west side of the school at **7:45 a.m.** for a warm-up on Monday, Wednesday and Friday. The format of the runs are as follows:

1. **Monday - We will do an out and back to Sunridge Lake.**
2. **Wednesday - We will be doing speed work on the school playground. (PLEASE NOTE: If it is raining or extremely wet, we will be doing the Monday out and back route.)**
3. **Friday - We will be doing a longer out and back run to Sunridge Lake.**

PLEASE NOTE: Attendance will NOT be taken. We will assume that students who do not arrive by 7:45 a.m. will not be participating and are in the care of their parents. The Running Club will conclude at approximately 8:20 a.m. Students will be dismissed from the Running Club and will be asked to go to their appropriate entrance until the bell rings.

To ensure the safety of our younger children (K-2), we are asking that parents or an older sibling accompany and participate with their child on Mondays and Fridays. If not possible, arrangements must be made with another parent.

During inclement weather it will be up to parents and runners to decide if they wish to brave the elements. Running Club will only be canceled in extremely severe weather.

Our goal this year is to participate in the following event:

1. **Little Souls Kids Marathon - Wednesday, May 29**

The goal for those participating in the Kids Marathon is to run an accumulated 40.2km before race day. On race day they will run the final 2K of their "Marathon". The race is held at the Chinook High School and registration is already open. To register click on the following link:

<https://raceroster.com/events/2024/86689/little-souls-2024>

PLEASE WEAR YOUR PROBE RED RUNNING SHIRT ON RACE DAY! This makes it easy for teachers and parents to identify our runners so we can cheer them on.

Our training schedule is included. Log cards for tracking distance for the Little Souls marathon will be distributed to interested runners on our official first run day. The completed log will be collected prior to the Little Souls Marathon (May 29). Distances run outside of club time can also be recorded on the runner's log. **It is each runner's responsibility to honestly and accurately fill out the running log.** For all runners who hand in their log and complete the 40.2 km, their names will be entered into a draw for a prize.

Please complete the permission form link to indicate your approval of your child attending the Spring Running Club by April 10. If you have any questions, please do not hesitate to contact your child's teacher.

Thank you,
Dr. Probe Running Club

Suggested Running Schedule

Please remember these are just suggested distances.

	Monday (7:45 a.m. before school, an out and back)	Wednesday (7:45 a.m. before school on playground Speed workout)	Friday (7:45 a.m. before school, an out and back)	Weekly Total	Accumulated Distance
Week One April 7 - 13	NO RUN District Learning Day	Run 1.5 km	Run 2 km	3.5 km	3.5 km
Week Two April 14 - 20	Run 2 km	Run 1.5 km	Run 2.5 km	6 km	9.5 km
Week Three April 21 - 27	Run 2 km	Run 1.5 km	Run 2.5 km	6 km	15.5 km
Week Four April 29 - May 4	Run 2 km	Run 1.5 km	Run 2.5 km	6 km	21.5 km
Week Five May 5 - 11	Run 2.5 km	Run 1.5 km	Run 2.5 km	6.5 km	28 km
Week Six May 12 - 18	Run 2.5 km	Run 1.5 km	Run 2.5 km	6.5 km	34.5 km
Week Seven May 19 - 25	NO RUN Victoria Day	Run 1.5 km	2.5 km	4 km	38.5 km
Week Eight May 26 - 29	Run 2 km	Wednesday May 29 Race Day		2 km	40.5 km