

# 2023 Amherst Little Comets K-5 Running Club



\* FUN \* CHALLENGE \* AWARDS \* FITNESS \* TRADITION \* WELLNESS\*



## What is Amherst LITTLE COMETS Running Club?

The Amherst Little Comets Running Club is a free and fun group formed to introduce Amherst students to the wonderful, life-long sport of running. Here in the Amherst Community, we boast a rich background of running success. This success is evident from the multitude of cross country and track conference and state champions the Amherst School District has produced. This FREE racing group is open to any KINDERGARTEN TO FIFTH grader in the Amherst Schools (St. Joseph and home schooled athletes are also welcome) who enjoys running, making new friends, working hard and having FUN!

**2023 LITTLE COMETS RACE SCHEDULE:** The following events will be supervised by the Amherst Cross Country Coaches; however, each child must have a guardian present at each race. Races will be 1/4 mile long and will take place rain or shine. They will be canceled in the event of a thunderstorm. A detailed email will be sent to all parents who register their child at [www.RunAmherst.com](http://www.RunAmherst.com). Race times are staggered to allow for the varying release times of each school.

1) 9/15 – Comet Pride Run @ Nord Field with races starting @4:00PM.

2) 10/9 – Cooley Mile @Richard S. Cooley Track with races starting @3:30PM. *(This race is called the Cooley Mile because the Junior High and the High School Teams will be running a mile. Little Comets will run 400 meters!)*

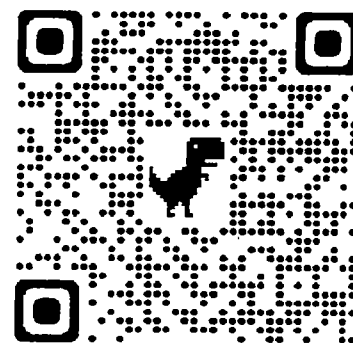
3) 10/29 – Skeleton Run @Richard S. Cooley Track with races starting @8:30AM.

*\*All races are FREE! Athletes will receive a ribbon, snack, drink and prizes for top runners!*

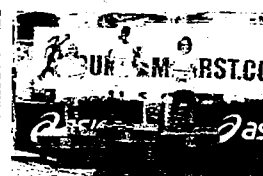
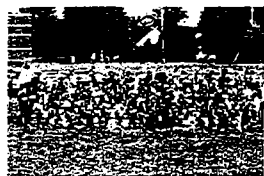
*\*Athletes that compete in all three races will receive a FREE Amherst Little Comets Running Club T-shirt*

**REQUIREMENTS FOR PARTICIPATION:** All Amherst Little Comet Running Club members must have a pair of running shoes, proper running attire, a water bottle and a great attitude! Runners must also be registered at [www.RunAmherst.com](http://www.RunAmherst.com) by FRIDAY, September 1st, 2023. A parent or guardian must be at each event. Transportation is not provided; however, a school official will walk Nord athletes from school to races #1 and #2!

**ABOUT AMHERST LITTLE COMETS RUNNING CLUB:** This program was designed by the Cross Country and Track Coaches of the Amherst School System to promote running and healthy lifestyles throughout our community. Snacks, awards, shirts and race materials are FREE at our races due to the generosity of our major sponsors: Parsons Insurance, Slimans of Amherst, Hot Dog Heaven, Brew Kettle, Hastee Taste and The Rain Doctor. Please show your support of our program by patronizing these excellent vendors!



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**basics**

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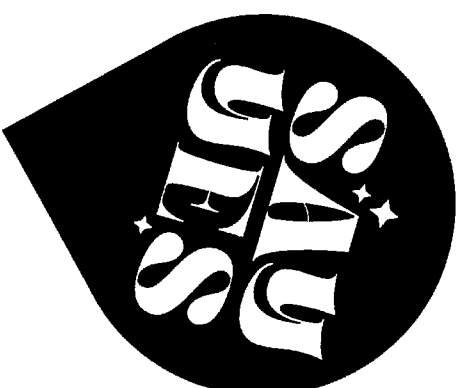
Please Support Our PROUD PARTNERS! GO COMETS!!



# CALLING ALL MOMS! Join us for the *mother* of all meetups!

**Circle of Moms** (aka – CCUCC MOPs) is for any mommas who want to spend an evening:

- A. Eating a dinner they didn't have to cook or clean up
- B. Meeting new friends
- C. Chatting with other ladies who "get" you
- D. Learning new parenting tips & tricks
- E. Getting to know how faith fits into your parenting journey
- F. **All the above!**



Please join us for a meeting & check out MOPs for yourself.  
Find us on Facebook for more information!



Morning Meet-ups are held the 1<sup>st</sup> Wednesday of the month at 9:30 and will meet at altering locations. Kids are welcome!

September 6 @ New Russia Township Park  
(46300 Butternut Ridge Road, Oberlin)

- October 4
- November 1
- December 6
- January 3
- February 7
- March 6
- April 3
- May 1

Evening meetings are held the 3<sup>rd</sup> Wednesday of the month from 6:00-8:00 at CCUCC.  
(379 South Main Street, Amherst)

- September 20
- October 18
- November 15
- December 20
- January 17
- February 21
- March 20
- April 17
- May 15