



RH Run Club
Parent
Orientation





BROOKE MOOTY

JAMI LAMPERT

**OUR RUN CLUB FOUNDERS
THESE LOVELY LADIES TOOK IT UPON THEMSELVES TO START RIDGLEA
HILL'S RUN CLUB WITH SOME HELP FROM THE COWTOWN C.A.L.F
PROGRAM 3 PLUS YEARS AGO.**

WHAT IS THE C.A.L.F. PROGRAM?

(Children's Activities for Life and Fitness)

- As part of The Cowtown Marathon's mission to promote a lifelong love of fitness,
- ***The C.A.L.F. Program was created in 2009 to help tens of thousands of area children lace up and cross countless finish lines.***
- Supports 400 schools across North Texas annually
- ***The Cowtown Marathon Office has been training students in proper running technique***
 - Educating them about resting heart rate,
 - The importance of hydration
 - Proper nutrition
 - Living an active lifestyle.

I wuff running!



BROOKE MOOTY

Run Club Mentor, Assistant Coach, and Communications Support
Mom of Ben and Weston Mooty



**BROOKE HOLLAND,
NEWBIE HEAD RUN
COACH**

Mom of Alexis "Lexi" and Sawyer "SawDog" Holland



**CAROLYN LEWIS,
ASSISTANT COACH**

Mom of Carter, Addison, and Reido Lewis



**LYNN POINTER,
ASSISTANT COACH**

Mom of Ryker and Scout Pointer



**BROOKE ROYAL
VP OF MIGHTY
MUSTANG SPIRIT**

Mom of Bowie Royal

WHAT IS EXPECTED OF OUR PARENTS

1). Keep up with RH Run Club communications

Remind app-via email <http://rmd.me/b?rid=79490856>

or text

2). Join the RHE Run Club group on Facebook:

<https://www.facebook.com/groups/1593372264300061/?ref=bookmarks>

3). See RHPTA.com for files to download if you cannot download them from FB and Remind files section.

4). Pack water bottles, salty snacks, change of clothing, running shoes (not converse/keds).

Sign Up Genius for bringing snacks, water, or volunteering.

WHY BE ON TOP OF COMMUNICATIONS?

a). Cancellations Due To Weather

6). Prep Your Kids On What To Do At The Next Training

c). Forms to Be Downloaded and Turned In.

d). Running At Home Trainings

e). Ride or dismissal changes.

f). If you need to communicate, make suggestions, or post photos plus fun comments.

g). Snack, drink, or donations needed for practices.

h). Reminders, like **BRING YOUR WATER BOTTLES.**



2019-2020 Important Dates



August-October

- | | | | |
|------|----------|-------------------------------------|----------|
| TU | Aug. 13 | RH Run Club application | 10:45 am |
| TH | Aug. 29 | Pass out CALF race forms | all day |
| TUE. | Sept. 18 | Last day to turn in CALF race forms | 8a-2p |
| TH-F | Oct. 3-4 | Get Rest for the Race | all day |
| Sat. | Oct. 5 | CALF 10K, 5K, 1-mile | 7:00am |

November-December

- | | | | |
|----|---------|---|-------|
| TU | Dec. 10 | Last day to Turn in Cowtown race forms for coach to turn in | 8a-2p |
|----|---------|---|-------|

Last day to turn in cowtown race forms, coach to RH office by 2 pm

January-February

- | | | | |
|------|------------|---|--------|
| W-F | Feb. 19-21 | Package pick up by coach, runners tees
Parents pick up packets from coach's home | 4p-8p |
| Sat. | Feb. 22 | Pick up race packets from Coach at 6913 Culver Ave Fort Worth Tx 76116 | 4p-8p |
| Sat. | Feb. 29 | The Cowtown Kids' 5K | 9:30am |

6913 Culver Ave FW TX 76116

Coach's Home

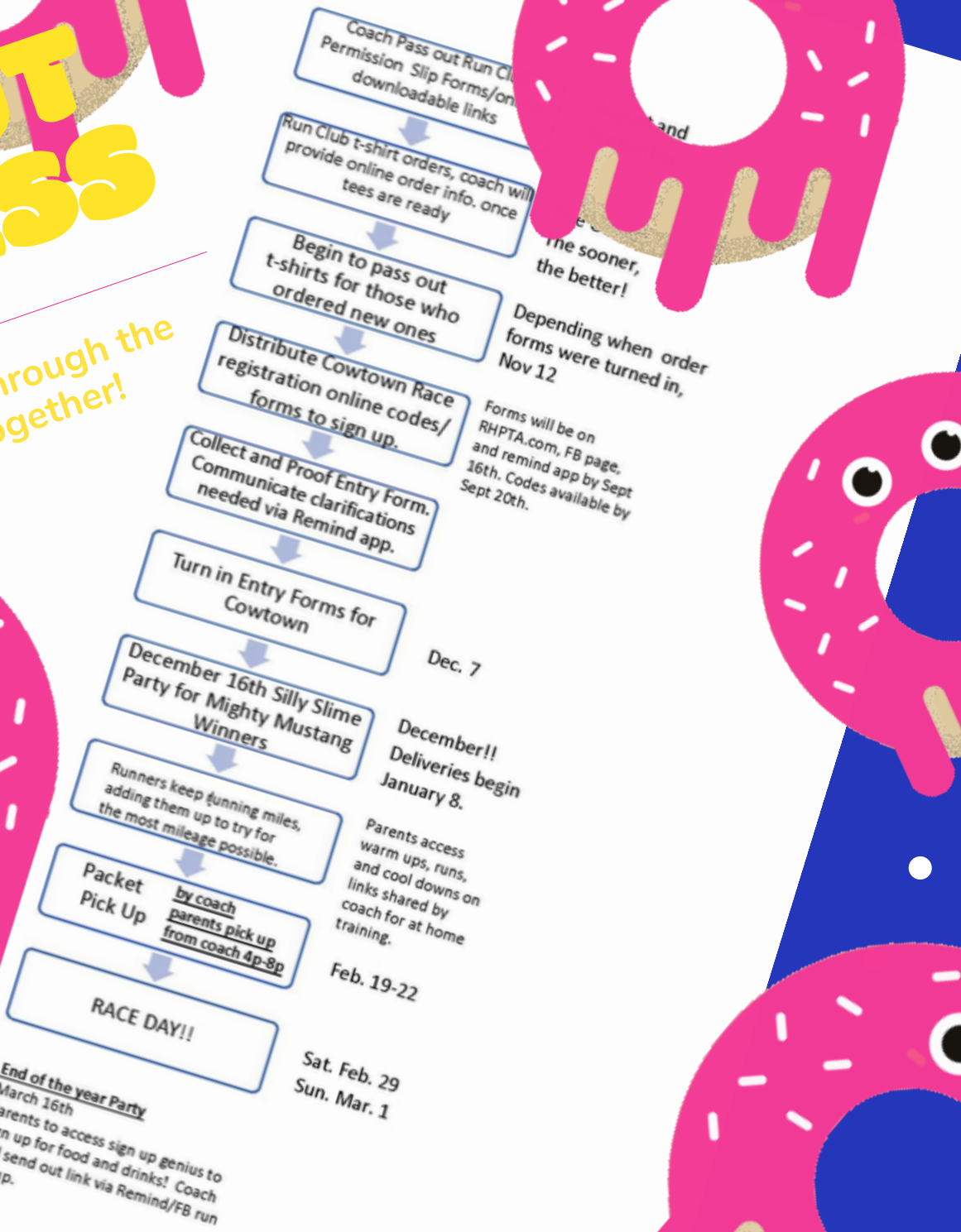
Will Rogers, meet at the RH Run Club booth for Team picture at 0845 before we head to our race corrals.

March-

- | | | | |
|------|---------|--|--|
| Mon. | Mar. 16 | End of the Running Season Party after school 315pm til 345pm | sign up genius link will be provided for snack and drink groups by parents |
|------|---------|--|--|

DONUT STRESS

We will get through the season together!



End of the year Party
March 16th
Parents to access sign up genius to sign up for food and drinks! Coach will send out link via Remind/FB run group.



#ShineOn!

#Horsepower

#MustangMiles

#LetRunningMakeYouShineMustangs!

CS
Scanned with
Scanner

**ORDERS FOR TEES
WILL BE ONLINE
TIL NOV. 20TH**

https://stores.inksoft.com/rhe_run_club/shop/home



WHY BRING A WATER BOTTLE!

DURING THE BEGINNING OF THE RUN SEASON IN TEXAS, IT WILL BE HOT. IN THE PAST THE KIDS HAVE FORGOTTEN THEIR WATER AND ASKED FOR WATER BREAKS TO GO TO THE WATER FOUNTAIN INSIDE THE SCHOOL.

THERE IS NOT ENOUGH ADULT VOLUNTEER SUPERVISION FOR THE KIDS TO GO INSIDE THE SCHOOL OR THE GYM WHICH ARE NOT ALWAYS OPEN. FOR YOUR KIDS' SAKE, PLEASE BE SURE TO HAVE THEM **PUT THEIR WATER BOTTLE IN THEIR BACKPACKS THE NIGHT BEFORE.**

HAVE THEM PACK A CHANGE OF CLOTHING LIKE RUN SHORTS, TEE, SOCKS, AND RUNNING SHOES WITH CUSHION IN THEIR BACKPACKS. IT WOULD BE HELPFUL IF THEY ALSO PACK A SNACK OR TWO SINCE THEY DO TEND TO ASK FOR SNACKS AND THEY DO NEED THE SALT AFTER SWEATING WHEN RUNNING.

life is an adventure

WHAT TO WEAR CHILLY TRAINING

This winter, Canadians are expected to take up running in record numbers, so we spoke to Jessica Britton, head product designer for the Running Room, and present this guide to dressing for runs in wind, snow, cold and everything else. *By Ben Kaplan*



Winter sneakers made from the water-resistant material are fairly popular
 Headband (top) vs. toque (below) A headband is better in wind and snow (as
 Shirt (top) vs. winter running jacket (below). At -15C and below, you should
 Capris (top) vs. pants (below). Popular among women, short pants go well
 Wind-briefs (top) and tights or leggings (below) work together to keep your



DOUBLE CLICK ON VIDEOS.

HOW A TRAINING WILL GO



It always helps to be prepared with a plan before practice. You may want to segment your practice with the following:

1. Dynamic Warm Up
2. Training Run
3. Game
4. Cool Down & Stretches
5. Training Tip
6. Dismissal

NOTE

Distances and speed of each segment may vary based on the ability of your kids. You can increase the distances and pick up the pace as run club progresses.

EXAMPLE PRACTICE PLAN:

DYNAMIC WARM UP

- ▶ 2-minute slow jog brisk walk
- ▶ high knees, butt kicks, side shuffle (both directions), high kicks

TRAINING RUN

- ▶ Run easy for 5 minutes ▶ Walk for 2 minutes
- ▶ Run easy for 5 minutes ▶ Walk for 2 minutes

GAME

- ▶ Sharks and Minnows

COOL DOWN & STRETCHES

- ▶ 2-minute slow jog/brisk walk
- ▶ Quad stretch, hamstring stretch, calf stretch, shoulder stretch

TRAINING TIP

- ▶ Running form: Keep your body relaxed when you run, chin up and eyes forward, arms swing straight ahead (not side to side), smile and have fun!

DISMISSAL

I WILL BE ASSIGNING A RUN LEADER OR TWO PER GROUP EACH TRAINING. THIS WILL HELP TEACH LEADERSHIP....THEY WILL HAVE BADGES WITH RUN LEADER ON THEM.

ROLE OF THE CAPTAIN

You can give captains minimal responsibility, such as making sure to cheer everyone on throughout the practice, or greater responsibility, such as leading the warm up and cool down, choosing the running game for the day, or helping the Kids Run Club Coach with set up and clean up.

BENEFITS

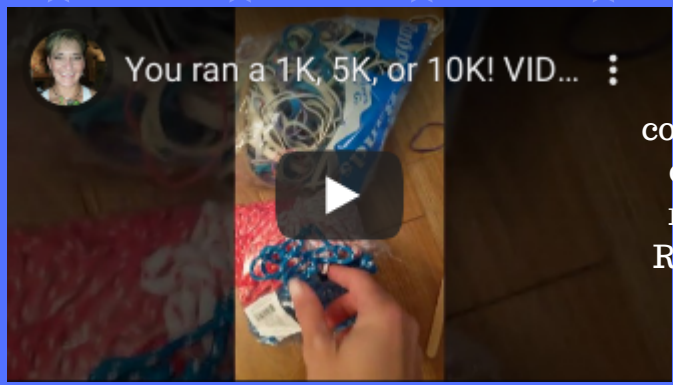
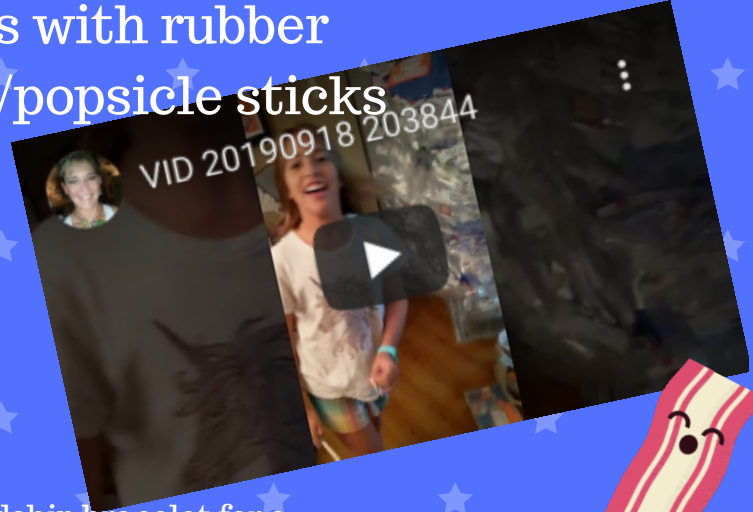
Adding a captain system to the structure of your Kids Run Club may seem like an extra step, but it will encourage leadership development within the group, help the kids to take ownership of the club, and reduce the pressure on you, the Kids Run



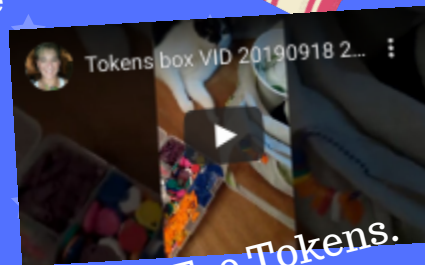
HOW A TRAINING WILL GO



Laps with rubber bands/popsicle sticks



Friendship bracelet for a completed race. Take a picture of your kiddo and his ribbon medal if the race is not with RHE Run Club, and the Coach will count it as well.



Toe Tokens.

The hat the coach starts run club off with will be different every practice.

Red Hat- 5th grade takes a 4 min break, Green Hat- 4th grade takes a 4 min break

Yellow Hat- 3rd grade takes a 4 min break, Pink Hat- 2nd grade takes a 4 min break


Orange Hat- put your rubber bands, popsicle sticks, punch cards, or bracelets in your plastic baggie with your name.

Blue Grumpy Cat Hat- someone(s) or the whole group is not doing what they are supposed to do.

Purple Meowlogical Hat- Everyone or a certain age group is doing an excellent job and get sa treat, an extra break, or a choice of a game.

Mustangs Hat- Everyone gather up in a large circle around the coach for dismissal.





**It's totally
okay to take
a break.**

TAKE TIME TO RECHARGE.
YOU NEED IT.



A GUIDE FOR PARENTS

Welcome to Active SWV Kids Run Club program! We hope Kids Run Club is a great experience that helps your child develop lasting healthy habits and an enjoyment of physical activity. We encourage you to support your child throughout this experience. Ask them to show you what they have learned at practice. Have them teach you a warm-up or stretch. Or even better, join them for a walk or run at home! Your role as a supportive loved one is crucial to fostering a healthy future for your child.

WHAT TO WEAR

Good sneakers are the best thing for Kids Run Club. If you need assistance obtaining proper running shoes for your child, please speak to the Kids Run Club Coach. In cold weather, hats and gloves are good to have, as well as a thick sweatshirt or jacket. In warm weather, light colored and loose-fitting clothes are best.

EATING RIGHT

It is best for your child to eat something small before Kids Run Club. Avoid anything high in sugar and fat. Carbohydrates are what your body uses for fuel during a run or activity, so you want to make sure any snacks they have before their activity will have a good amount of carbs in it. Some examples of good pre-activity snacks are apples and peanut butter, whole wheat toast with peanut butter and bananas, fruit and cottage cheese, fruit and yogurt, and nuts. The most important thing is to make sure your child is properly fueled by giving them adequate amounts of carbohydrates and water.

HYDRATION

Please bring a water bottle to each Kids Run Club practice. It is important to keep hydrated before, during, and after Kids Run Club. Dehydration can cause headaches and fatigue. Contrary to popular belief, sports drinks are best avoided in most situations. Water is the preferred drink for runners to drink before, during, and after their activity. Sports drinks should only be considered in small amounts when heat and prolonged activity are a risk.

TRAINING RUNS AND CROSS TRAINING

Your child is encouraged to run or cross train during the week. Your Kids Run Club Coach can provide you with suggested distances to run each week. Some ways to cross train include walking, swimming, playing sports, or other exercises such as push-ups and jumping.

RUNNING WITH YOUR CHILD

Getting out and getting active with your child is the best way you can encourage your child as they pursue physical fitness. This is something that you can do with your child and it doesn't cost you a thing! It is a great way to spend some time together with none of the distractions such as TV and cell phones. Moreover, by getting out and being active with your child you are serving as a role model for them.

Not a runner? Not to worry! The most important thing is that you are out there trying. You can walk while they run or you can do part of the workout with them while cheering for them when you need to take a rest. Better yet—have them help you by teaching you what they are learning at run club. Have them show you some stretches and exercises that they have learned. They will feel proud of themselves for being able to teach you something and you may just learn something along the way!

ADDITIONAL QUESTIONS?

Please contact your Kids Run Club Coach or you can contact brookemich23@yahoo.com @gmail or sbrookeholland@gmail.com

SATURDAY
SATURDAY
SATURDAY

YES, I KNOW THAT WE ARE ALL BUSY ON THE WEEKENDS WITH EXTRACURRICULAR ACTIVITIES BUT IF YOU HAVE 20-30 MINUTES TO GO TO A PARK, MAYBE RUN, BIKE, OR WALK WITH YOUR CHILDREN TO HELP BUILD ON HIS/HER TRAINING. IT IS A PERFECT TIME TO BOND WHILE DOING SOMETHING HEALTHY. YOU CAN DOWNLOAD TRAINING LOG OFF REMIND FILES, FB FILES, OR RHPTA.COM: TITLE RUN CLUB MANUAL 2019-2020

TRAINING LOG

A training log can be helpful to track your progress! Use the "minutes" column, the "distance" column, or both to track your running or walking. Also track other cross-training or additional exercises in the "other exercises" column.

DATE	MINUTES	DISTANCE	OTHER EXERCISES	RUNNING BUDDY
6/25/15	30	2 miles		
6/26/15	20	1 mile	30 minutes of jumping jacks, knee planks	Mom
6/26/15	30	1 mile	30 min swimming	Ann-Beth
6/26/15	30	1 mile	None	
6/26/15	20	0 miles	30 minutes of stretch	Mom
6/26/15	25	2.5 miles		
6/26/15	25	1 mile	30 min yoga	David
Week 3 total:	300 min	7 miles	30 minutes of basketball	Marko Ben
DATE	MINUTES	DISTANCE	OTHER EXERCISES	RUNNING BUDDY

Examples

FAMILY HOMEWORK IS FUN WHEN YOU RUN

RUN CLUB CHALLENGES

Do not forget your water bottles

We all need to do this

Vary your veggies

Try a vegetable that you have never had before!

Know your H2O

For one week, drink water instead of soda or other sugary drinks!

Daily positivity

For one full week, write down one thing every day that you are thankful for!

Fruit for dessert

For a sweet treat after dinner, try a piece of fruit!

Try something new

Try a new sport or exercise that you have never done before!

Exercise with a buddy

Exercise with a buddy for 3 days in a row. Your buddy can be anyone that is not already in the run club!

Exercise while watching TV

Instead of staying on the couch while watching TV, get up during the commercials and try some indoor exercises like jumping jacks or push-ups!

Listen to music while you exercise

See what it's like to exercise while listening to some music! Turn on the radio and enjoy those tunes!

Stretching with a buddy

Teach your stretches to your running buddy!

Lead a warm up

Fulfill this challenge by either leading a warm up at run club, or leading a warm up at home for your running buddy!

Lead a cool down

Fulfill this challenge by either leading a cool down at run club, or leading a cool down at home for your running buddy!

100% Attendance

Complete this challenge with 100% run club attendance!



believe

Buddies make things better

Anyone can lead!

CAN BE DONE!

Additional Training Tips



RUNNING FORM Keep your body relaxed when you run, chin up and eyes forward, arms swing straight ahead (not side to side), smile and have fun!

HYDRATION Water should be your drink of choice, and you should be drinking it all day long. Dehydration can cause headaches, fatigue, and lack of energy. Bring water to run club!

DRESSING FOR RUNNING Good sneakers are necessary. Running in boots, high heels, or flip flops can hurt your feet and body. Wear proper clothing, including hats and gloves if it is cold. In the heat, try to wear light colored clothing and sunscreen.

PACING A RUN Always start out slow. It is better to pick up speed gradually than to go all out at the start and then not be able to finish. Start slow, pick up the speed gradually, and then at the very end you can go all out. During runs, a good guideline of a comfortable pace is you should be able to talk with your friend or coach while running. If you are out of breath, you are running too fast.

EATING RIGHT You should eat something small at least 30 minutes before your run (granola bar, piece of fruit, peanut butter on toast). Anything high in sugar or fat is NOT GOOD. If you eat junk, your run will be junk. After your run, you should eat within an hour to refuel (apple, low fat chocolate milk, pretzels).

INTERVAL TRAINING Interval training is when we combine short bursts of intense exercise with breaks. This mix of high intensity (out of breath) and low intensity (relaxed and easy) is a great way to make our heart strong!

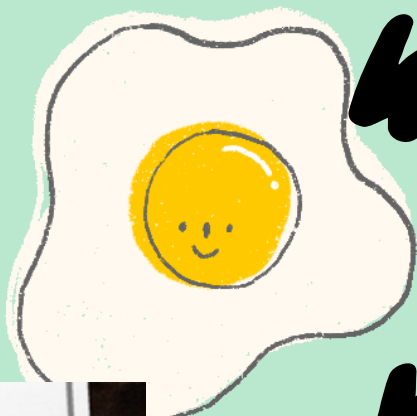
- ▶ Here is an example: run as fast as you can for 30 seconds, then walk for 1 minute. Repeat this 4 times!

INJURY PREVENTION Warming up before exercise is a great way to prevent injuries, so make sure you warm up for about 5 minutes before every run! Another good way to help prevent injury is to listen to your body. If something is hurting, talk to your run club coach and rest!

CROSS TRAINING Running is really fun, but that doesn't mean we can do it every day. Our body needs to rest and recharge, just like a battery. It is good to take a couple days off of running per week, but that doesn't mean you shouldn't still be active! Try a different activity instead, like swimming, biking, or dancing!

RACE DAY PREP Lay out your clothes the night before. To calm nerves, picture yourself running across the finish line and the happy feeling you'll have when you race. Stay positive! Tell yourself you are ready, you will finish, and you will have fun!

I think you're an
eggyceptional
human being.



WHAT TO TELL YOUR KIDS



Yes there is a 10K and 1K as well, but we are training towards 5K distance.

COWTOWN KIDS 5K
RIDGLEA HILLS RUN CLUB

WHAT IS A 5K RACE?

- 3.1 MILE ROAD RACE
- TAKES AROUND 25-60 MINUTES TO COMPLETE DEPENDING ON HOW FAST YOU GO.
- OVER 100 SCHOOLS WILL BE REPRESENTED AT THE COWTOWN KIDS 5K RACE. OVER 8000 PEOPLE!!!
- PARENTS AND SIBLINGS CAN RACE IN THE KIDS 5K.



HOW TO TRAIN FOR THE COWTOWN KIDS 5K

- RUN DURING PE
- RUN AT RUN CLUB
- INVITE YOUR PARENTS OR SIBLING TO RUN AT HOME WITH YOU
- PRACTICE RUNNING AT A CONSISTENT CONVERSATIONAL PACE
- DON'T RUN TOO FAST AT THE BEGINNING
- TRAIN OVER SEVERAL MONTHS AND WORK YOUR WAY TO LONGER DISTANCES
- WEAR WELL FITTING RUNNING SHOES TO SUPPORT YOUR FEET



hello

PROPER TRAINING



DYNAMIC STRETCHES

MOVE AS YOUR STRETCH TO WARM UP MUSCLES BEFORE YOU RUN



PROPER RUN FORM

RUN TALL, FEET UNDER YOU, QUICK CADENCE, LIGHT ON YOUR FEET, ARMS DON'T CROSS MIDLINE



STATIC STRETCHES

HOLD EACH STRETCH FOR 30-60 SECONDS AFTER RUNNING

WHAT IS AN EXAMPLE OF A TRAINING RUN FOR THE KIDS COWTOWN 5K

ALWAYS STRETCH FIRST WITH DYNAMIC STRETCHES

USE PROPER RUN FORM WHILE RUNNING:

- RUN TALL
 - FAST CADENCE
 - PROPER ARM FORM
 - PROPER FOOT PLACEMENT
- STRETCH AND COOL DOWN
DRINK LOTS OF WATER

YEAH

YEAH



YEAH

COWTOWN KIDS 5K RACE DAY



5K T-SHIRT

EACH PARTICIPANT WILL RECEIVE A 5K RACE SHIRT



DECORATED SCHOOL BOOTH

EACH SCHOOL WILL HAVE A DESIGNATED BOOTH AND DECORATION CONTEST



5K FINISHER MEDAL

EACH FINISHER WILL RECEIVE A 5K FINISHER MEDAL

COWTOWN KIDS 5K RACE DAY



RACE START IS 9:30AM

YOU WILL NEED TO BE AT EITHER YOUR SCHOOL OR RACE SITE MUCH EARLIER TO INSURE PARKING

LINE UP AT THE START LINE

DON'T START OFF TOO FAST!!
PACE YOURSELF

RUN!

YOU WILL RUN ON ROADS AND FOLLOW THE RACE COURSE

I WILL HAVE THE COWTOWN MARATHON OFFICE MAKE TEAM CODES SPECIFIC TO THE COWTOWN RACE THAT WE WILL HAVE THE OPTION TO REGISTER ONLINE WITH.

Wear red and white and show off your Arcadia Knights pride!

SEPTEMBER 29, 2020
ARCADIA FOOTBALL FIELD
6:00 PM

HOW DO I SIGN UP FOR THE COWTOWN CALF PROGRAM?

- TAKE HOME REGISTRATION PAPER AND TALK TO YOUR PARENTS.
- HAVE YOUR PARENT COMPLETE THE FORM. MAKE SURE THEY SIGN IT AND PROVIDE YOUR BIRTHDAY AND GENDER.
- REMIND THEM TO FILL IN ALL THE BLANKS.
- BRING YOUR FORM TO SCHOOL AND GIVE TO YOUR TEACHER BY THE DEADLINE.
- PAY FOR THE RACE BY THE DEADLINE.

Race	Price	Donations
5K (M and Over)	\$25	
5K (U7 and Under)	\$20	
Kids 5K (Other 5K)	\$22	
Kids 5K (Under 5K)	\$16	
KMS 5K (M)	\$3	

Circle Races Selected:
Kids 5K (M and Over) - Kids 5K (U7 and Under) - KMS

SCHOOL NAME: _____

Name: _____ Age: _____
DOB: _____ Gender (circle one): _____ Ethnicity: _____ Ethnicity: _____ Phone #: _____
Email: _____
Street Address: _____
City: _____ State: _____ Zip Code: _____
Emergency Contact: _____ Phone #: _____
Full Name: _____
How many times have you participated in the Cowtown? _____ Predicted Pace Per Mile: _____
Will you be participating in a wheelchair? Yes No Are you pushing a stroller? Yes No

T-Shirt Sizes
Kids 5K & Adult 5K - Unisex
Youth S Youth M Adult S Adult M Adult L Adult XL Adult 2X (5X Extra)
5K - Gender Specific - Female Male
XS Small Medium Large X-Large 2X (5X Extra)

By submitting this form, I agree to accept complete responsibility for any injury or accident which may occur to me during the week of activity use at the discretion of the event, and hereby release and hold harmless the organization and all other persons and entities connected with the event from liability. I further acknowledge that the 5K course is open to all ages and that I agree to accept all risks, injuries, or consequences to me at all times during the event. I am not participating in this program for any financial gain. I am participating in this program for the purpose of raising money for the Arcadia Knights. I am not participating in this program for any financial gain. I am participating in this program for the purpose of raising money for the Arcadia Knights. I am not participating in this program for any financial gain. I am participating in this program for the purpose of raising money for the Arcadia Knights.

This is required to participate in the event!
Signature of Athlete (or Parent/Guardian if under 18): _____

And when it rains on your parade, look up rather than down. Without the rain, there would be no rainbow.

Gilbert K. Chesterton

COWTOWN KIDS 5K RACE DAY



FINISH LINE

CROSS THE LINE AND BE PROUD OF YOUR ACCOMPLISHMENT!



FINISHER MEDAL

EVERY PERSON WHO CROSSES THE FINISH LINE WILL RECEIVE A FINISHER MEDAL



SNACKS AFTER THE RACE

EACH SCHOOL WILL HAVE SNACKS FOR YOU AT THE SCHOOL BOOTHS



SIGN UP FOR THE COWTOWN RACE



<https://raceroster.com/events/2020/22695/the-2020-cowtown-race-weekend/register?ref=event-right-sidebar>

Use code **COWSCHOOLS** to get group
code

THE 2020 COWTOWN
MARATHON FEBRUARY 28, 2020 -
MARCH 1, 2020



THINGS TO KNOW TO HELP YOUR RACE DAY

- 1). **GET YOUR Z'S TWO NIGHTS BEFORE. PRE-RACE JITTERS TEND TO STRIKE THE NIGHT BEFORE THE RACE, INTERRUPTING YOUR SLEEP. ...**
- 2). **Keep it light. During race week, your running mileage should decrease. ...**
- 3). **FILL THE TANK. ON RACE MORNING, BE SURE TO EAT THE BREAKFAST YOU'VE PRACTICED IN TRAINING. ...**
- 4). **Get there early. ...Warm it up. ...Get in line.**

On race morning, be sure to eat the breakfast you've practiced in training. Aim to eat about 2 hours prior to the race. Keep it simple—a bowl of oatmeal with dried fruit, a sports bar, bagel with peanut butter. Eat something high energy and easily digestible.



RH
RUNNERS HIGH

*Rest Up,
Eat Right,
and Enjoy
Your Run!*



ON RACE DAY

MEET AT THE RIDGLEA HILLS BOOTH IN CATTLE BARN 1, 30-45 MIN BEFORE RACE START TIME.

ALL RACES START AND FINISH AT WILL ROGERS MEMORIAL CENTER ON GENDY STREET.

COME ON DOWN TO WILL ROGERS MEMORIAL CENTER PARK FOR FREE AT THE UNT HEALTH SCIENCE CENTER LOCATED AT CAMP BOWIE BLVD. AND MONTGOMERY STREET AND TAKE A SHORT WALK TO THE AMON CARTER MUSEUM. THERE YOU CAN CHEER YOUR RUNNER AS THEY START OR FINISH THEIR RACE!

THE HALF MARATHON COURSE IS OPEN 4.5 HOURS. THE 10K COURSE IS OPEN 2.5 HOURS. THE ADULTS 5K AND KIDS 5K IS OPEN 1.5 HOURS. STROLLERS ARE ALLOWED FOR YOUR CHILDREN, PROVIDED YOU INDICATE THIS DURING YOUR REGISTRATION.

WHAT IF I HAVE A SCHEDULE CONFLICT AND CAN'T MAKE IT, OR I INJURE MYSELF? CAN I GET A REFUND? THE COWTOWN HAS A 42-YEAR POLICY OF NOT OFFERING REFUNDS OR DEFERMENTS. REGISTERED RUNNERS WHO BECOME INJURED OR ARE UNABLE TO MAKE THE EVENT WILL BE ABLE TO TRANSFER THEIR ENTRY FEE TO SOMEONE ELSE FOR A FEE OF \$25

SATURDAY FLUID STATIONS - MONTICELLO DR. AND DOROTHY LN. - 10K ONLY - BAILEY AVE. AND ROCKWOOD PARK DR. - 10K ONLY - SHAMROCK AVE. AND WIMBERLY ST. - 10K ONLY - W. 7TH ST. AND FOCH ST. - 10K ONLY - TRINITY PARK DR. AND PAVILION #5 IN TRINITY PARK - 5K ONLY

SCHOOL BOOTH CONTEST

Decorate your booth starting Friday, Feb. 28th, 11:30am-7pm, or Saturday, Feb. 29th at 6 am!

Winners will be announced via email two weeks following race.

Prizes awarded in the following categories:

- Most School Spirited
- Most ECO Green
- Most Healthy-Lifestyle Inspired
- Best Cowtown Theme

Awards will be awarded to the top winners in each category!



Booth Decorating Details

- Booth Space is 8 feet x 8 feet
- Contains one 6 foot long table
- Pipe and drape that is 4 feet tall
 - No access to electricity
 - No balloons of any kind
 - Please no tall structures
- Booth assignments will be sent via e-mail closer to the event.
- All school booths will be in Cattle Barn 1





RUN CLUB CHALLENGES

	Vary your veggies	Try a vegetable that you have never had before!
	Know your H2O	For one week, drink water instead of soda or other sugary drinks!
	Daily positivity	For one full week, write down one thing every day that you are thankful for!
	Fruit for dessert	For a sweet treat after dinner, try a piece of fruit!
	Try something new	Try a new sport or exercise that you have never done before!
	Exercise with a buddy	Exercise with a buddy for 3 days in a row. Your buddy can be anyone that is not already in the run club!
	Exercise while watching TV	Instead of staying on the couch while watching TV, get up during the commercials and try some indoor exercises like jumping jacks or push-ups!
	Listen to music while you exercise	See what it's like to exercise while listening to some music! Turn on the radio and enjoy those tunes!
	Stretching with a buddy	Teach your stretches to your running buddy!
	Lead a warm up	Fulfill this challenge by either leading a warm up at run club, or leading a warm up at home for your running buddy!
	Lead a cool down	Fulfill this challenge by either leading a cool down at run club, or leading a cool down at home for your running buddy!
	100% Attendance	Complete this challenge with 100% run club attendance!



HOW ARE YOU FEELING?

Hopefully all your questions are being answered !



CONGRATS,
YOU FINISHED

You made it to the end of this orientation. You can contact us through remind app @rheru, FB RHE Run Club, RHPTA.com, or at sbrookeholland@gmail.com with any questions or concerns.



Ridglea Hills Run Club

CERTIFICATION OF ACHIEVEMENT

Congratulations

on your phenomenal participation in
your school's Run Program. Not everyone can
Run with the Mustangs!



ROYALLY FUN TIMES

KIDS ORIENTATION WATCH WITH YOUR KIDS



THE KIDS' ORIENTATION VIDEO/SLIDES
WILL BE SEPARATE. PLEASE TAKE THE
TIME HAVE YOUR CHILD WATCH IT SO
THAT HE/SHE UNDERSTANDS WHAT IS
GOING ON STARTING ON THE FIRST
TRAINING DAY