



***RH Run Club  
Kid's  
Orientation***

# How To Be A Mighty Mustang

YEAH

## MUSTANGS

Make sure you  
have a water  
bottle, snacks,  
running shoes.

-Smile when  
running, no  
complaining/  
Whining

-Appreciate  
your adult  
leaders/coach

-Go that extra  
Mile!

-Understand  
directions by  
LISTENING  
AND NOT  
TALKING

-Teammate,  
help others  
finish

-Never give up!

-Support,  
encourage, and  
help one  
another.

Follow these and win points for your  
grade to try

to get your punch card punched.  
Whoever gets 10 punches first wins a  
Silly Slime Party



Scanned with  
CamScanner

# **NEW LAP SYSTEM FOR YOUR PAST & NEW RUN CLUB RUNNERS**

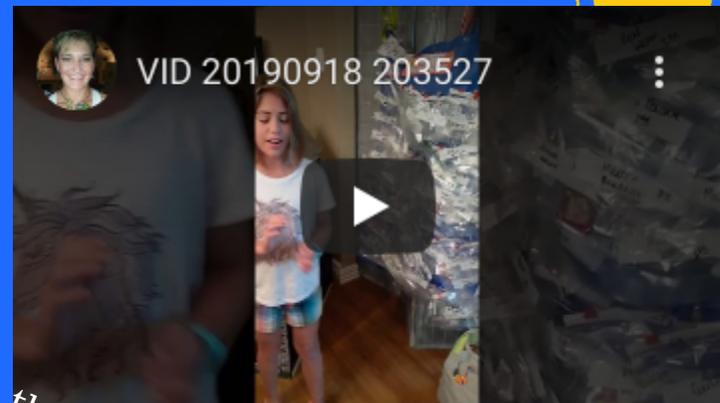
You will get rubber bands every run lap (that means no marker marks or being sneaky about adding marks)

**You will get a popsicle stick for every 8 laps. Turn in your 8 rubber bands for the stick.**

**You get a toe token for every 8 miles.**

**You get a spirit bracelet for every completed race.**

**You will put all your rubber bands/sticks in your name labeled baggie hanging up on the pocket organizer. No miles will be recorded by the coach if she cannot find your baggie with your stuff in it!**



there will be two pocket charts, one for 2nd/3rd and the other for 4th/5th

# When you see one of these hats on Coach Brooke's head, what does it mean?



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, then place your baggie in your grade pocket.

Blue Grumpy Cat Hat- someone(s) or the whole group is not doing what they are supposed to do. The coach will go to the person(s) who are in trouble. Continue doing what you are supposed to do if you the coach is not heading your way.

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

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

**MON  
DAY**

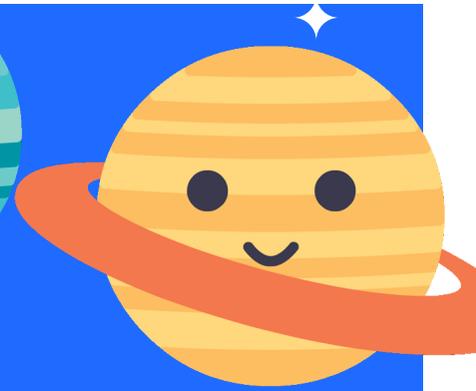
Seize the opportunity  
for a fresh start this  
week! Drink Water!



**M-Make sure you bring your  
water bottles**



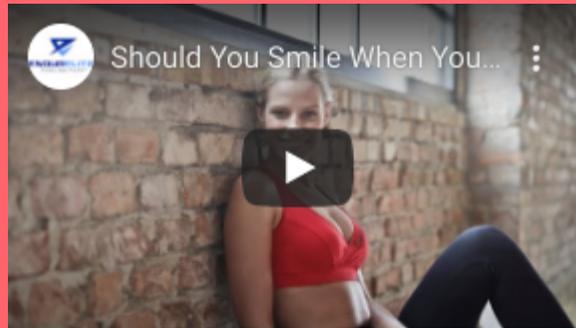
Just a silly vid, watch if  
you have time.



Try it, I messed up

**U-Understand the  
directions by LISTENING**

# S-SMILE

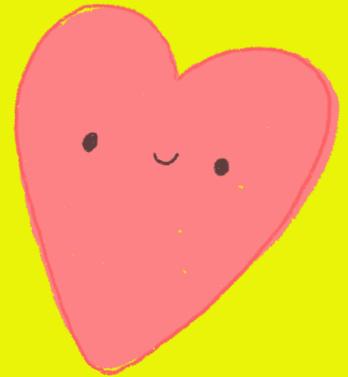


WHEN RUNNING, NO COMPLAINING OR  
NEGATIVITY!





*Start the  
day strong*



**T-Teammates help each  
other finish. Together  
we are stronger.**

# A-APPRECIATE YOUR ADULT LEADERS

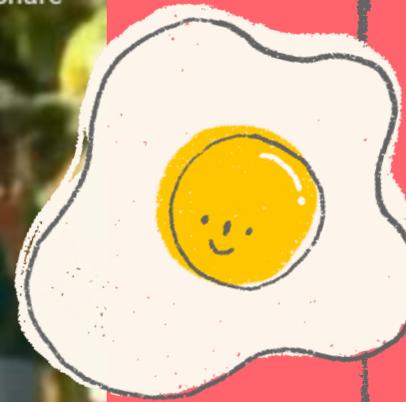


ROYALLY FUN TIMES

N. Never Give Up!



**RUN BECAUSE  
YOU CAN  
WHEN OTHERS  
CAN'T**



*Go that extra  
mile!*



ONE OF MY FAV  
RACES HELPING A  
STRANGER CROSS THE  
FINISH LINE WITH  
ANOTHER STRANGER

**S- SUPPORT,  
ENCOURAGE,  
AND HELP ONE  
ANOTHER**



If you see someone walking and tired, help  
give them a push to keep going!

# WANNA SILLY SLIME PARTY? OR END OF THE SEASON PARTY

## RUN RH CLUB

**GOAL:** Become a better runner, have fun!

**WE DID IT!**

**HOW GOAL WILL BE MET:**

- 1) Run 1 mile every week
- 2) Run 2 miles every 2 weeks
- 3) Run 3 miles every 3 weeks
- 4) Run 4 miles every 4 weeks
- 5) Run 5 miles every 5 weeks
- 6) Run 6 miles every 6 weeks
- 7) Run 7 miles every 7 weeks
- 8) Run 8 miles every 8 weeks
- 9) Run 9 miles every 9 weeks
- 10) Run 10 miles every 10 weeks

**GOAL REWARD:**

- 1) Slime Party
- 2) End of the season party
- 3) Extra treats in break
- 4) Skip 10 minutes of class

**GOING FOR THE GOAL!**

1	27	20
1	13	20
12	10	14
12	9	14
12	2	14
11	18	14
11	11	14
11	4	14
10	28	14
10	21	14

4<sup>th</sup> Grade

2<sup>nd</sup> Grade

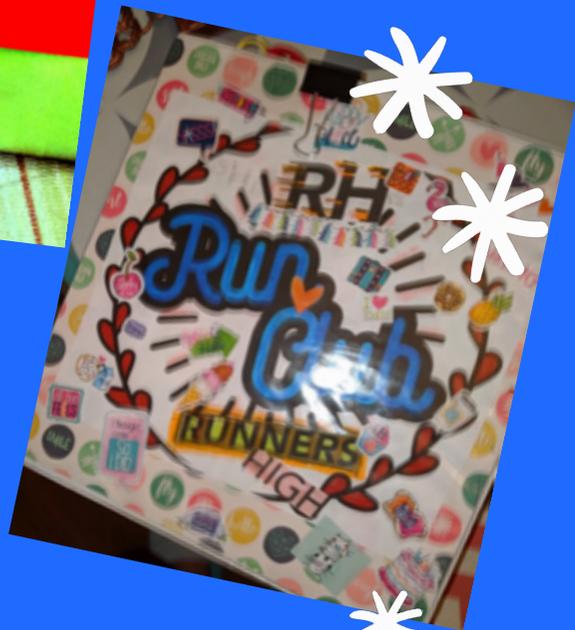
5<sup>th</sup> Grade

3<sup>rd</sup> Grade

YOU WILL BE ON A TEAM WITH YOUR GRADE... 2ND GRADERS, 3RD GRADERS, 4TH GRADERS, AND 5TH GRADERS. HELP EACH OTHER FOLLOW THE MIGHTY MUSTANG RULES AND GET POINTS TOWARDS A PUNCH ON THE PARTY PUNCH CARD. 10 PUNCHES EQUALS A PARTY.



**Notice all the Mustang Spirit and support to help you finish that race!**





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

TAKE TIME TO RECHARGE.  
YOU NEED IT.

# ARE YOU TIRED, FEELING SLOW, STOMACH ACHE, HEAD ACHE, NEED TO MAKE AN EMERGENCY PIT STOP ON A RUN?

I HAVE BEEN THROUGH MANY THESE YUCKY MOMENTS WHEN RUNNING. THEN I LEARNED HOW TO COMBAT THEM, TAKE A LOOK BELOW. THERE ARE SO MANY OTHER RUNNERS TO ASK AS WELL!

WE ARE HERE TO HELP!  
COACH BROOKE

GET YOUR REST STARTING A FEW NIGHTS BEFORE A TRAINING RUN OR PRACTICE



BIT LONGER THAN OTHER VIDS BUT WORTH IT

# COMBAT THESE RUN MISTAKES (NEXT 3 SLIDES)

## GOT A SIDE STITCH?

Next time try not to eat too much or drink too much too close to a run. Try to eat no later than 30 min before a run. Sipping your water to keep hydrated is best. Keep it light, toast, banana, fruit. Our digestion system slows down when running. I hate to say it, but a side stitch is usually just gas!



Nathan water bottle speed flask is what I use when running because it is easy to carry and sip on

## LEGS FEELING HEAVY? CRAMPING?

don't start static stretching immediately before a run... walk for 5-10 min. to get blood flow to your legs



# GO TO THE BATHROOM BEFORE YOU RUN...

Nothing worse than needing to go when training or running. It takes time out of your training to go. So go before when you have that 15 min of dismissal time to change clothes, fill up water bottles, and eat a light snack before you get to the track to start run club at 3:15pm.

No bathroom breaks unless you want to stop your whole team and have all of them go with you. So don't lose Mighty Mustang points for your team grade by not following directions. Go before Run Club!

# LISTENING TO YOUR BODY

Some questions to ask yourself, are you are you feeling the usual tired after a good run?

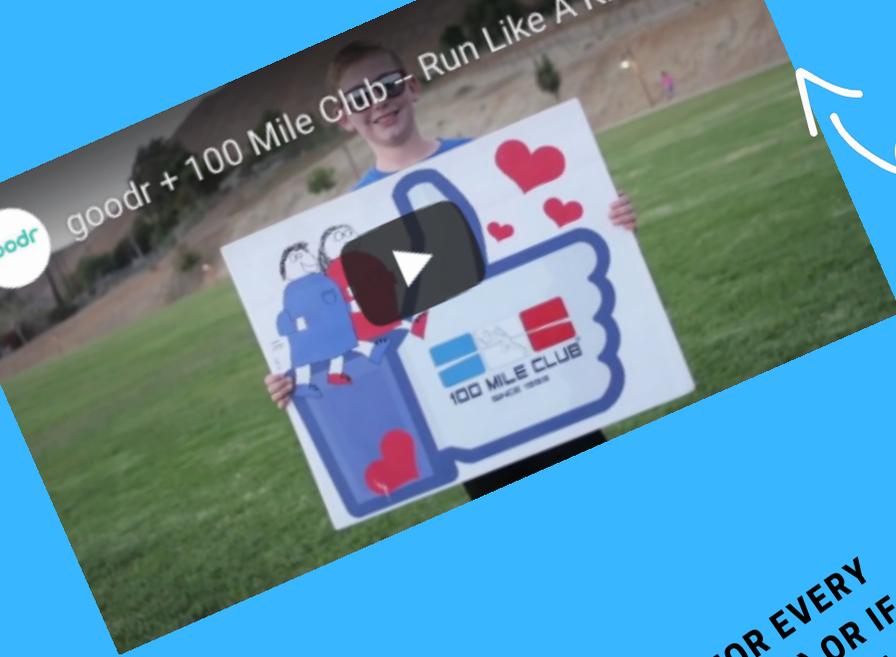
Are you continuously feeling tired and not improving over time?

Maybe you are feeling completely exhausted and worn out?

You may be pushing yourself too hard  
You need to back off a little until your body can catch up and heal.

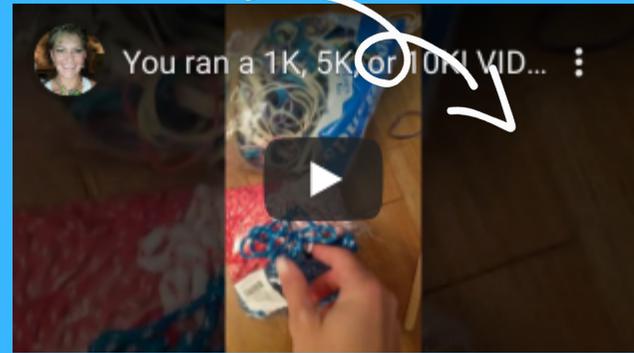
Everyone's body is different and some may be able to push hard quickly while others may need a bit more time.

Get more rest/sleep during run season.



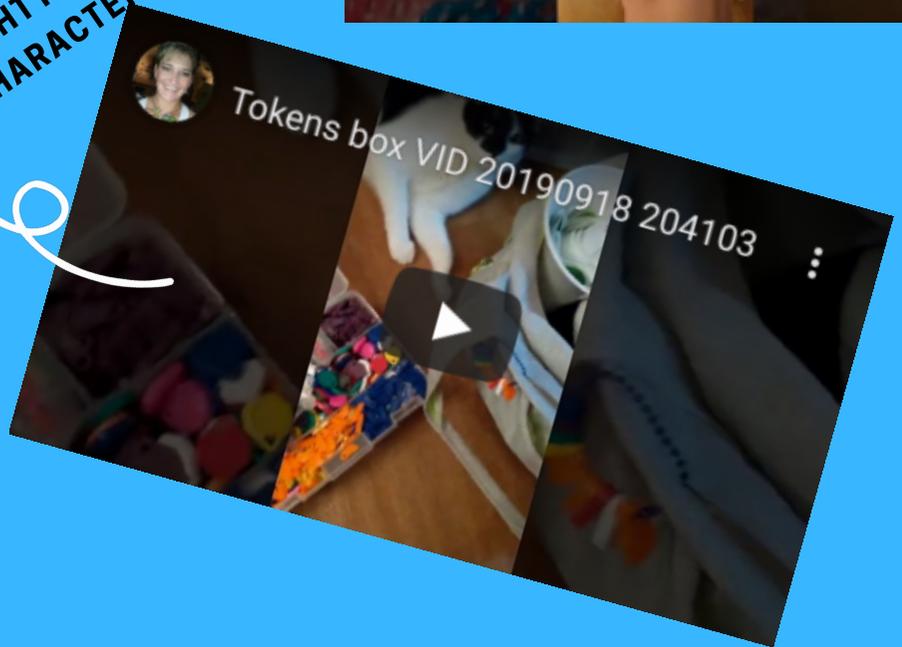
**RUN LIKE A KID! (IGNORE THE QUICK ADVERTISEMENT MID VID)**

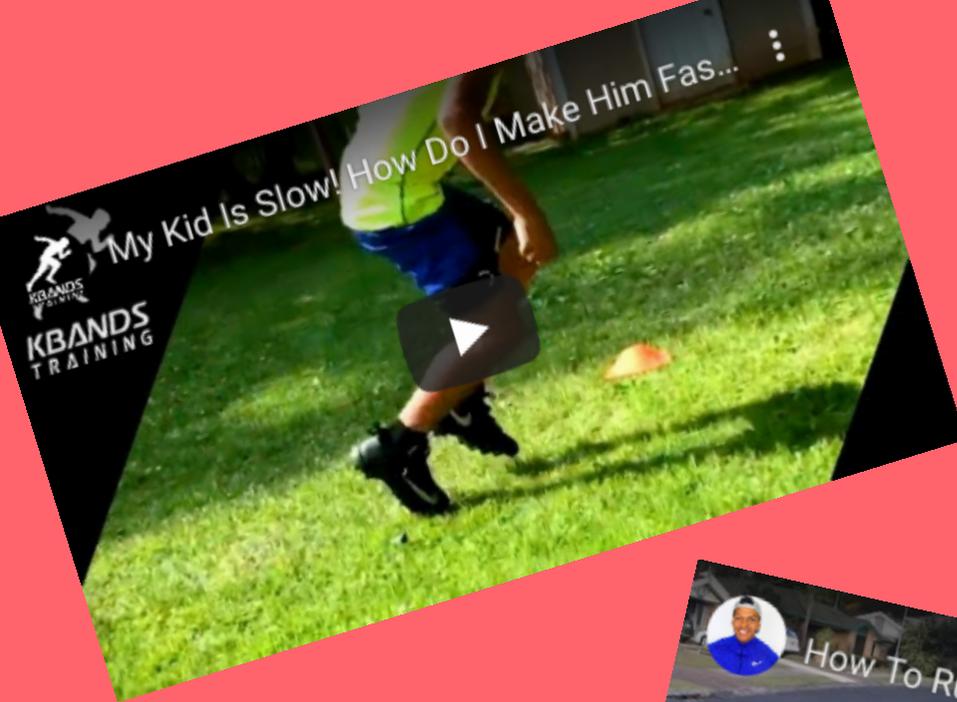
**A LOOK AT RH SPIRIT COLOR BRACELET YOU GET WHEN YOU COMPLETE A RACE. IT DOESN'T HAVE TO BE A COWTOWN RACE AS LONG AS YOUR PARENTS TEXT A PIC OF YOU HOLDING YOUR MEDAL WITH THE TITLE OF THE RACE IN THE BACKGROUND**



**TOE TOKENS ARE GIVEN FOR EVERY 8 POPSICLE STICKS (8 MILES) OR IF YOU ARE SEEN GOING BEYOND A MIGHTY MUSTANG CHARACTERISTIC!**

**THE MORE YOU RUN, THE BETTER YOU GET!**

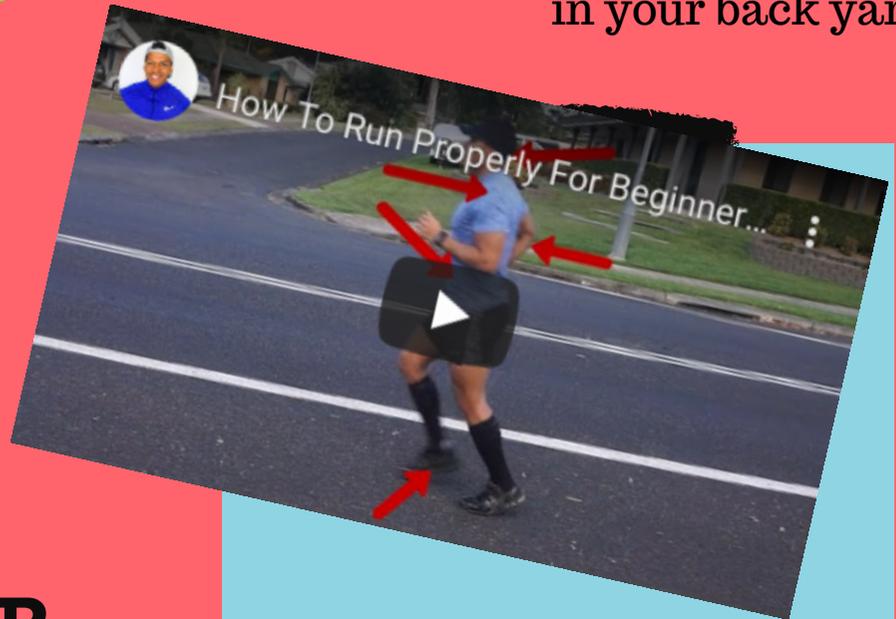




# THIS TRAINING HELPS WITH YOUR SPEED

You can do it at home in your back yard.

# THIS TRAINING ABOVE HELPS WITH YOUR RUN FORM



You can do it at home inside while watching media.

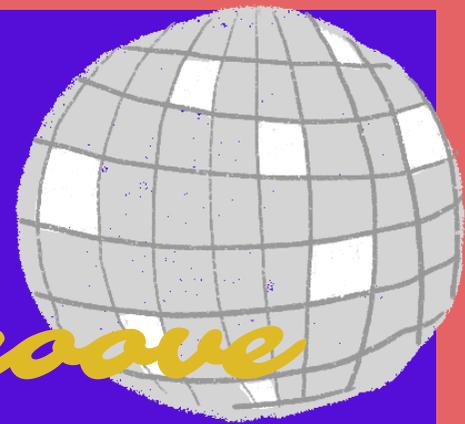


**WHAT YOU  
ARE  
TRAINING  
FOR**

**LET'S**

*groove*

**TONIGHT**



**EXPERIENCE THE COWTOWN RACE**

**WE CAN MAKE THIS A FUN SEASON IF YOU ALL FOLLOW  
THE RULES AND FOLLOW DIRECTIONS!**