



## SJLN Running Club



"I praise you because I am **fearfully** and wonderfully **made**; your works are wonderful, I know that full well." -Ps. 139:14

### Objectives:

- -To build active, healthy bodies that give glory to the Lord.
- -To increase fellowship with classmates.
- -To enjoy running!

**Participants:** Anyone in grades 5-8

**Times:** Mon. and Wednesdays from 3:30-4:15

September: 10	October
12	1
17	3
19	8
24	10
26	

### Procedure:

Running Club is a self-paced, running activity. Students will collect "toe tokens" in recognition of the various distances that they have traveled. The distances will be recorded each day and a cumulative distance will be awarded at the end of the "season." The culminating event will be a fun run (competing against a "special" star runner). We will also take our running team and compete at the Lakeshore Lutheran Schools Cross Country Meet in October.

### Awards:

Toe token awards for distances will be:

Black token: everyone gets one for joining!

Yellow: 1 mile

Blue: 2 miles

Orange: 2 ½ miles

Red: 5 miles

Green: 5 ½ miles

Purple: 7 miles

Fuchsia: 7 ½ miles

White: 8 miles

Silver: 9 miles

Gold: 10 miles

