



S.J.F. Running Club

WHO is this CLUB for?

Any student at Saint John Fisher who wants to run!

GROUP 1: k-3 graders. This group will practice 2 days a week on Tuesdays & Thursdays. Their goal will be to run the Ridge 1 Mile Fun Race. Colleen O'Connor will be running this group.

GROUP 2: 4th-8th grade boys or girls. This group will practice 3 days a week, t,w,t. Their goal is to run in the 5K race at *Ridge Run in May*.

Interested students and parents Please BRING THE PERMISSION SLIP AND THE \$25 Fee to the first meeting at Bilecki Field on March 23, 2017. We will welcome all members any day that or next week.

Regular Practice for 4-8 graders will be T/W/Thurs- 4:00-4:35 pm@ Bilecki Field by Munroe Park. Start date is Thursday, March 23, 2017 @ 4:00 pm at Bilecki Field. The last day of Running Club will be the May 29, 2017.

Practices are not mandatory and may expand as their running levels increase. There will be no practice April 12,13. For the week of Spring break practices will be optional and based on the number of individuals available. A full calendar will be given at the end of March.

Requirements: Willing to try!

- Bring athletic/running shoes with tied shoelaces
- Winter hat & gloves if needed and or layered clothes for after run
- Water Bottle with your name.

Any questions? Call: Ann McGuire (773)882-0290 or email amlmcguire@yahoo.com

Also looking for Parents who want to run with us.

We also have a Facebook page, SJF Running Club and try to put all announcements there about cancelled practices due to weather or other constraints.

The goal of the program is to create an interest in cross country and track. We will be running the Ridge Run and participate in one track meet against local schools in May. More information will be forth coming.