

PLAXTON RUNNING CLUB

We are excited to announce that we are starting up a running club for the students! This will start Monday March 28 at 3:15 pm at the playground. We welcome all students, parents/guardians to come at 3:10 pm to join us on our runs as well. It will be a fun time to gather together as a community to enjoy the outdoors and be active. All grades are welcome to join in, Kindergarten children are welcome but we would like them to be accompanied by their parent/guardian on the run. Parents that do not plan on joining the runs please be at the school at 3:30 pm for pick up.

We have planned a schedule that includes three runs a week. Two runs a week (Monday and Thursday) will be done as a school, and then one run is to be completed on the weekend by kids at home. If a school run falls on a holiday, the children are encouraged to do the run on their own. Ultimately, if each participant does each run, they will run the full distance of a marathon, 26.2 miles, divided up over 29 runs over approximately 2 months.

We plan to order t-shirts for our running club. If any of our Plaxton families have businesses that would like to donate, please contact Jennie Low 403-892-5529 and you will be advertised on the back of our running club t-shirt!

Sign up to receive Plaxton running club messages on "Remind" app (send a text to **(514)613-2161** text this message **@plaxton**)

Please keep track of your students completed runs on the chart below!

MONDAYS	✓	THURSDAYS	✓	WEEKENDS	✓
March 28: 0.5 mile		March 31: 0.5 mile		April 1-3: 0.5 mile	
April 4: 0.5 mile		April 7: 0.5 mile		April 8-10: 1 mile	
April 11: 1 mile		April 14: 0.5 mile		April 15-17: 1 mile	
April 18: 1 mile (Easter break)		April 21: 0.5 mile (Easter break)		April 22-24: 1 mile	
April 25: 1 mile (PD Day)		April 28: 0.5 mile		April 29-May: 1 mile	
May 2: 1 mile		May 5: 0.5 mile		May 6-8: 1.5 mile	
May 9: 1 mile		May 12: 1 mile		May 13-15: 1.5 mile	
May 16: 1 mile		May 19: 1 mile		May 20-22: 1.5 mile	
May 23: 1.5 mile (Victoria Day)		May 26: 1 mile		May 27-29: 0.5 mile	
May 30: 1 mile LAST GROUP RUN		WEDNESDAY JUNE 1ST RACE DAY! (1.2 MILES)		TOTAL 26.2 MILES	

Wednesday June 1st, 6:30 pm is the Little Souls kids marathon race, 1.2 miles (2km) distance, held at Chinook High School. This race completes our marathon distance of 26.2 miles. We will let you know when registration begins. Registration for this race will be up to individual families to do on their own.

We are so excited for our first run on Monday. Don't forget your running shoes! See you there!