

# Amherst Running Club

Fall 2016



**2016 SHIRT DESIGN!**

## WHAT IS AMHERST RUNNING CLUB?

Amherst Running Club is a fun group formed to introduce Amherst Students to the wonderful, life-long sport of running. Here in the Amherst Community, we boast a rich background of running success. This success is evident from the Nord Track and Field meet to the multitude of cross country and track conference and state champions the Amherst School District has produced. This training and racing group is open to any child at Nord Middle School that enjoys running, making new friends, working hard and having fun. Members will have five weeks of supervised training. Training will be held two days a week after school at Nord. There also will be two “practice races”. The first one will be at Powers and the second one will be at the Richard S. Cooley Track. The season will end with a race at LCCC with the junior high and high school teams at the SWC Championships. Athletes are also encouraged to participate in the community Skeleton Run at the end of October.

## PRACTICES: MONDAYS AND WEDNESDAYS – 2:45 TO 3:45 PM

Practices will be every Monday and Wednesday from September 12th to October 12th at Nord Middle School. Practice time will be after school; 2:45pm to 3:45pm. Mrs. Kovach and Mrs. Homolya, along with junior high coaches, will coach participants in stretching, running skills and fun running games. Parents need to complete registration and pay online at [www.RunAmherst.com](http://www.RunAmherst.com). You will need to register and pay the \$20.00 fee for an Amherst Running Club t-shirt and bag by **September 9th**. Parents should pick up their children from practice at Nord Middle School by 3:45pm.

## PRACTICE RACES: 09/30/16 & 10/8/16

All races will be 1/2 mile long. The first practice race will be the Homecoming Race and take place at Powers on Friday, September 30th. Amherst Running Club members will walk from Nord to Powers. The Junior High Cross Country Team will host this 800-meter race for the Amherst Running Club members. All competitors will receive awards and a snack. The race will take place at 3:55pm rain or shine. Parents should pick up their runners at 4:00pm from Powers. Parents are encouraged to watch the practice race and wear Amherst gear! Athletes are encouraged to watch the parade after the race, *but will not be supervised.*

The second 800-meter practice race will take place on Saturday, October 8th at Richard S. Cooley Track. Students need to arrive no later than 9:00am. **Parents are responsible for transportation to and from this event.**

**REGISTER AT [WWW.RUNAMHERST.COM](http://www.RunAmherst.com)!**



## AMHERST RUNNING CLUB



*Amherst Running  
Club: "Building  
Tradition One Step  
At A Time"*

## SWC CHAMPIONSHIP MEET: 10/15/16 - 11:45AM

The practices and practice meets are designed to prepare Amherst Running Club members for the exciting SWC Championship Meet at LCCC on October 15th. Athletes should meet at the starting line, which is East of the tennis courts at LCCC at 11:00am. The race will begin at 11:45am. Each athlete will get a bib with their name on it at the starting line and a ribbon at the completion of the race. The course will be ½ a mile long. The Amherst junior high and high school teams will also be competing on the same course on this date. **Parents are responsible for transportation to and from this event.**

## SKELETON RUN: 10/30/16 – 8:30AM

All Amherst Running Club members are encouraged to participate in the Skeleton Run on October 30th, 2016. The 800 meter Funny Bone Run starts at 8:30 am, the 400 meter Silly Bone Run (for athletes 6 years and younger) at 8:45 am, and the 5K (3.1 miles) starts at 9:30am. Athletes must register for this race at [www.hermes.com](http://www.hermes.com). Costumes are encouraged!

## REQUIREMENTS FOR PARTICIPATION:

All Amherst Running Club members must have a pair of running shoes, proper running attire, a water bottle and a great attitude! Runners must also register at [RunAmherst.com](http://RunAmherst.com) and pay the registration fee of \$20 online by September 9, 2016. Parents must pick up their children from Nord Middle School by 3:45pm.

## ABOUT AMHERST RUNNING CLUB:

This program was designed by the Cross Country and Track Coaches of the Amherst School System to promote running and healthy lifestyles throughout our community. Donations are welcome and greatly appreciated!



*Amherst Comet Pride!*



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