

# **Amherst Running Club (6th grade)**

Fall 2017

## **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 in 6th grade who 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. 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!

## **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! Athletes must register at [www.RunAmherst.com](http://www.RunAmherst.com) and pay the **\$25.00** fee **by Wednesday, September 6th**. All registered athletes will receive an Amherst Running Club t-shirt and gear. Parents must pick up their children from practices at Amherst Junior High School at 4:15pm.

## **PRACTICES: MONDAYS AND FRIDAYS – 2:45 TO 4:15 PM @ AJH**

Practices will be every Monday and Friday from **September 8th to October 9th** at Amherst Junior High School. Practice time will be after school: 2:45pm to 4:15pm. Students are encouraged to wear their running clothes to school, but may change in the restrooms after school if necessary. Students will meet in the cafeteria with all of their items to take home. Running club members will **not** be able to return to their lockers after running club practice! Mrs. Gillam and Mr. Pecze, along with junior high and high school coaches, will coach participants in stretching, running skills, and fun running games. Parents should pick up runners from practice at AJH at 4:15pm.

Register at [www.RunAmherst.com](http://www.RunAmherst.com)!

# Amherst Running Club (6th grade)

## RACES

Races will be 1/2 mile and will take place rain or shine. Athletes are encouraged to attend as many races as possible, although some races require additional registration. For all races except the "Comet Pride Race," parents must provide transportation **to and from** the event. Please arrive 30 minutes before each race begins.

### **Monday, Sept. 18 - Comet Pride Race - 4:00pm @Amherst Junior High School**

Students will stay after school at AJH, and parents should pick up no later than 4:15pm. Parents are still encouraged to attend the race, wear Amherst gear, and cheer for the runners!

### **Saturday, Oct. 7 - Cooley Mile - 9:00am @Amherst Steele High School track**

6th graders will run 1/2 mile, but this is called the "Cooley Mile" because high school and junior high athletes will be running a mile that morning.

### **Saturday, Oct. 14 - Southwestern Conference Championship - 11:45am @LCCC**

Athletes should meet at the starting line, which is East of the tennis courts at LCCC at 11:15am. The race will begin at 11:45am. The Amherst junior high and high school teams will also be competing at LCCC on this date.

### **Sunday, Oct. 22 - Trick or Treat on Your Feet - 11:30am @Mercy Rec Center**

### **Sunday, Oct. 29 - Skeleton Run - 8:30am @Amherst Steele High School**

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!

### **Sunday, Nov. 12 - Junior Turkey Trot - 11:30am @Mercy Rec Center**

Register at [www.RunAmherst.com](http://www.RunAmherst.com)!