

# Amherst Little Comets Running Club

FREE \* FUN \* CHALLENGE \* AWARDS \* FITNESS \* TRADITION

## What is Amherst LITTLE COMETS Running Club?

The Amherst Little Comets Running Club is a free and 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 multitude of cross country and track conference and state champions the Amherst School District has produced. This racing group is open to any KINDERGARTEN TO FIFTH grader in the Amherst Schools that enjoys running, making new friends, working hard and having FUN!

## 2017 LITTLE COMETS RACE SCHEDULE:

The following events will be supervised by the Amherst Cross Country Coaches, however each child must have a guardian present at each race. A description of each event can be found on the next page. **ATHLETES ARE ENCOURAGED TO BE AT THE FOLLOWING LOCATION AT LEAST 15 MINUTES BEFORE EACH EVENT.**

- 9/18 – Comet Pride Run @ AJH @4:00PM
- 10/7 – Cooley Mile @ Richard S. Cooley Track @9:00AM
- 10/14 - SWC Championships @ LCCC @11:45AM
- 10/22 – Trick or Treat on Your Feet @ Mercy Rec. @11:30am
- 10/29 – Skeleton Run @ Richard S. Cooley Track @1:00pm
- 11/12 – Turkey Trot @ Mercy Rec. @11:30am

***\*Athletes that compete in four of the six races listed above will receive a FREE Amherst Little Comets Running Club T-shirt!***

**THIS IS A FREE PROGRAM! REGISTER AT [WWW.RUNAMHERST.COM](http://WWW.RUNAMHERST.COM)!**

## REQUIREMENTS FOR PARTICIPATION:

All Amherst Little Comet Running Club members must have a pair of running shoes, proper running attire, a water bottle and a great attitude! Runners must also be registered at [www.RunAmherst.com](http://www.RunAmherst.com) by Friday, September 8th, 2017. A parent or guardian must be at each event. Transportation is not provided.

## ABOUT AMHERST LITTLE COMETS 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!

## **Race Information:** (Details will be Emailed to all parents prior to races)

Races will be either ¼ mile or 1/2 mile long and will take place rain or shine. They will be cancelled in the event of a thunderstorm.

Athletes are encouraged to attend as many races as possible, and by completing 4/6 races, they are eligible for a FREE shirt! Parents must provide transportation **to and from** each event. Please arrive 20 minutes before each race begins.

### **1) Monday, Sept. 18 - Comet Pride Race - 4:10pm @Amherst Junior High School**

The race will start and end near the AJH parking lot. Boys and girls will run their 400 meter races separately. Athletes and parents are encouraged to wear Amherst gear, and cheer for the runners! The 6<sup>th</sup> graders will run their 800 meter races before the Little Comets Races.

### **2) Saturday, Oct. 7 - Cooley Mile – 1:00pm @Amherst Steele High School Track**

The race will start and end on the starting line of the track. Boys and girls will run their 400 meter races separately. Athletes and parents are encouraged to wear Amherst gear, and cheer for the runners! After the Little Comets run, the 6<sup>th</sup> grade runners will race, followed by the Amherst Junior high Cross Country teams and the high school boys team!

### **3) 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 as well. This is an 800 meter race!

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

This is an 800 meter race. There is a \$2 fee for this race. Wear your costume!

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

The 800 meter Funny Bone Run(FREE), starts at 8:30am, the 400 meter Silly Bone Run(FREE) (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!

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

This is an 800 meter race. There is a \$2 fee for this race.