

QCES Running Club 2016



Thank you so much for taking an interest in the SECOND annual QCES Running Club! I am so excited to share this adventure with you! In 2014 and 2015, Blessed Sacrament hosted our own RC. In 2016, thanks to the support of the principals and parents from ALL FOUR parochial schools, we were able to host the first ever QCES Running Club! In 2014, we had a VERY successful "season" with well over 30 students and adults representing BS at the Bridge the Gap 5K in May! In 2015, we surpassed this number by having over 65 students and adults! In 2016, this number expanded to 150! Our presence continues to be felt! ☺ Throughout the training and during the race, each person achieves personal accomplishments-doing things they may have otherwise not thought possible. Those who are interested continue to train through the summer, participating in other 5K and even 10K races. All of this enthusiasm sparked the start of the area's first parochial junior high cross country team! Wow! God is GOOD! ☺

I apologize now for the length of this handout; however, there is a lot of important information I want to share with you. Here we go!

WHO: Students grades 4-8 AND adults to supervise (you are welcome to train along-side). Students K-3 are invited to participate BUT MUST HAVE A PARTICIPATING PARENT/ADULT PRESENT AT ALL TIMES.

WHAT: QCES Running Club - training for Bridge the Gap (which is scheduled for Saturday, May 20 at 8:00)

WHEN: We will meet on Mondays, Tuesdays, and Thursdays from after school until 4, starting on Tuesday, March 7. PLEASE MARK THESE DATES AND

TIMES ON YOUR CALENDAR NOW! Here are the specific dates:

March 7, 9, 20, 21, 23, 27, 28, 30

April 3, 4, 6, 10, 11, 13, 17, 20, 24, 25, 27

May 1, 2, 4, 8, 9, 11, 15, 16, 18, 19(EXPO)

WHERE: Given the weather and the after-school traffic, the club will **ALWAYS** meet in the school gymnasium immediately after school. I ask you to please pick up your student from the alley doors at 4:00. You do not need to come into school-we will come to you.

WHY: The whole purpose of starting this club is to get our kids moving, develop a life-long love and healthy habit, have fun, participate in something that **ANYONE** can do, and to feel that amazing sense of accomplishment when you cross the finish line on May 20 at the Bridge the Gap 5K race!

HOW: We will be using the Couch to 5K training program. In addition, the students will be participating in warm-ups, cool-downs, stretching, and strengthening.

Additional Details:

- **WHY ARE WE STARTING SO SOON?** I know March 7 seems early but in order to account for days off of school and personal or school schedule conflicts, we need to start at this time in order to get in all the training.
- **WHERE WILL WE TRAIN?** As I mentioned previously, we will **ALWAYS** start in the gym and pick up will **ALWAYS** be at the alley doors. On the days when the weather is appropriate, we will go outside. Safety is our number one priority. There will always be adequate supervision. We may stay right there in the school parking lot or we may go as far as Wood Lawn Cemetery, Indian Mounds or South Park. Pick up will always be at the alley doors. There is a permission slip for you to sign, allowing your student to participate in training that takes place off of the school grounds. This needs to be turned in before your student can actively participate in the club.

- **IS THERE A COST? NO!** The best thing about running is that it is free! With that said, of course, we are training for the Bridge the Gap 5K and there is a registration fee that is involved with that. That will ultimately be up to the adult though. Of course, your child may participate in the running club and choose not to run in the Bridge the Gap. That is up to you and your child. If you and your child decide to participate in the Bridge the Gap, the cost will be left to you. *There is scholarship monies available if finances are an issue.* Here is what the fees were last year - \$20 for the 5K walk, \$60 for the 5K walk for a family up to four; \$30 for the 5K or 10K run, \$60 for the 5K run for a family up to 4. To register, you will need to visit bridgethegapstohealth.com. In addition, we have a "team" t-shirt. At this time, I plan for it will be the same as last year. I will send out order information later in case you are in need.
- **WHAT NEXT?** Each day of training, please be sure your student brings the following: a change of clothes, running shoes, water bottle, and a healthy snack to eat after school. We WILL be going outside, as weather permits, so please send in **LAYERS** of clothing-sweatshirt, sweatpants, t-shirt, shorts, gloves, hat. Have your student dress in **BRIGHT** colors and preferably fabrics that will wick moisture away from the body. It is **VERY IMPORTANT** that participants are dressed appropriately! If a student does not have the appropriate clothing, the student will not be allowed to participate in training that day.
- **CONTACT ME** at any time if you have questions, comments, or concerns. Here is my contact info: dhsangoi@gmail.com. 217/316-5729. Text messaging is most efficient for me at this time.
- **OTHER TOPICS:** We will be discussing the following topics with your student, but feel free to talk with them and/or contact us if you have any questions. We may even have guest speakers about some of the topics. Here are the topics: Pain: if it hurts, Nutrition: what to eat, what to avoid; Hydration: drink water, Strength training for runners, Rules of the road, Safety, Establishing healthy habits.

- **OTHER THINGS TO CONSIDER:** Shoes-the MOST important item - you may choose to visit Running Wild to have your student (or you) professionally fitted for running shoes. Mention that they/you are a part of a Running Club and they will give you a discount.
- **CONTINUED THIS YEAR:** Following the BTG 2015, QMG contacted me, noting that they had noticed our group at the BTG! They were thrilled to see such a large representation of young runners! Again, this year, they have offered to sponsor our group. We will again have at least two training sessions with their trainer Gary Hackman. HOW AWESOME! More details to follow as they unfold. Thank you, QMG!
- **MORE CONTINUED THIS YEAR:** We expanded Blessed Sacrament Running Club to the NEW QCES Running Club! That's right; all FOUR parochial schools will again be training independently AND together for the Bridge the Gap 2016! At least FOUR times over the course of the training session, ALL FOUR schools will come together to train! The dates, times and locations are yet to be determined so STAY TUNED! More information will follow!
😊
- **NEW THIS YEAR:** QMG would like our group to come and participate in any of their Saturday BTG training sessions! The training program will be held on Saturdays beginning March 25 and will continue through May 13 at Hy-Vee on Harrison at 8 a.m. YOU will be responsible for providing supervision of your child during those sessions. I am unsure of the details, but I anticipate there would be warm-up, running and cool-down. I anticipate it being less-structured than our couch to 5K program. I am awaiting further details.
- **FINAL IMPORTANT DETAILS:**
 - **PACKET PICK-UP for Bridge the Gap 5K:** Although this has not yet been posted, historically packet pick-up is on Friday, May 19 3:00-7:00 at QU. As it draws near, we will be in touch - we will likely coordinate the club going together to pick up our packets.

- **THE BIG DAY:** The 5K starts at 8:00 at Clat Adams Park at Front and Hampshire. Plan to meet at the water fountain at 7:15 for a *GROUP PICTURE* and *WARM UP!*
- **LAST BUT NOT LEAST:** Let's have fun! Thank you again for allowing your child to participate in this new, exciting opportunity!

If you have any questions, comments, or concerns, please do not hesitate to contact any one of us.

Sincerely,

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