



St. Alexander Running Raiders

Tuesdays

April 9, April 16, April 30 & May 7

2:50-3:15pm

Please join us on Tuesdays April 9th, April 16th, April 30th and May 7th for our after school training program for the 5K. The training program, **Running Raiders**, will meet directly after school in the gym hallway. Students should bring a change of clothes, running shoes, and a water bottle for each session. We will walk to the football field after dismissal to run and walk laps around the field. Students will challenge themselves to run/walk as many laps as possible from 2:50- 3:15pm. Students will be dismissed at 3:15 from the football field with all their belongings. Any student not picked up by 3:20 will be walked back to Extended Day.

In order to participate in this free program, we ask you to register your runner for the Raider Run 5K on the school website and fill out the attached permission slip. The program is open to all students in grades K-8. In the case of inclement weather, the program will be canceled via text before 12:00pm to the emergency contact you provide. Please consider training on these dates with Running Raiders!!

For more information contact:

Julie Phillips
PalosJulie@gmail.com

or

Megan Coffey
MMCoffeys@ymail.com

St. Alexander Running Raiders

Name _____ Grade _____

Parent Signature _____

Emergency Cell # _____

**** You must be registered for the Raider Run 5K in order to participate.****