

# JUST RUN!®

## Leader Manual

A Supplementary Guide to the  
Big Sur International Marathon's  
Youth Fitness Program



**Pride!**

**Fitness!**

**All Ages!**

**Fun!**

**Life-Long  
Healthy Habits!**

The **JUST RUN** program is committed to the health and well-being of children, to promoting physical activity and to addressing the epidemic of childhood obesity. **JUST RUN** is under the umbrella of the Big Sur International Marathon, a 501 (C3) non-profit organization.

# Welcome to JUST RUN®!

JUST RUN is a **FREE**, multifaceted youth fitness program developed by the Big Sur International Marathon. This program promotes **exercise** and the sport of running as well as **good citizenship** and **healthy eating** through its Just Deeds and Just Taste features. Virtual runs across the USA and Europe link points of interest and geographical and historical sites making it **educational** as well.

This manual supplements and summarizes JUST RUN. It enables leaders to have hard copy information in hand while working with children "in the field." The complete program description, features, activities, and supplemental information are found on the program's website: [www.justrun.org](http://www.justrun.org).

Headquartered in Monterey County, California, JUST RUN offers instruction, advice, and support to those interested in implementing this award-winning program IN ANY COUNTRY, STATE, OR LOCALE.



**JUST RUN** has received many honors for program excellence based on its unique components and "for offering the best practices for an affordable, effective youth fitness program that can be duplicated in other parts of the country." Among them, JUST RUN received the national YOUTH PROGRAM OF THE YEAR AWARD from RUNNING USA, the premier organization in the running industry.

Have a question or  
need information?

[www.justrun.org](http://www.justrun.org)

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# Table of Contents

Program Benefits .....	4
Getting Started .....	5
Leader/Teacher Quick Start.....	6
JUST RUN Tips .....	8
Program Suggestions .....	9
Just Stretch And Warm-Ups .....	11
Recommended Relays And Drills .....	14
Additional Activities.....	16
Leader Suggestions.....	18
Weather Conditions And Proper Clothing.....	20
Snacks For Runners .....	21
Forms, Certificates, & Guidance .....	22
Testimonials .....	23



# Program Benefits

## For Teachers and Leaders

**Free** website-based program, easy to implement, and turn-key

Training, advice, and **support** provided

Supplements or fulfills **physical activity requirements**

Increases **academic and fitness** achievement

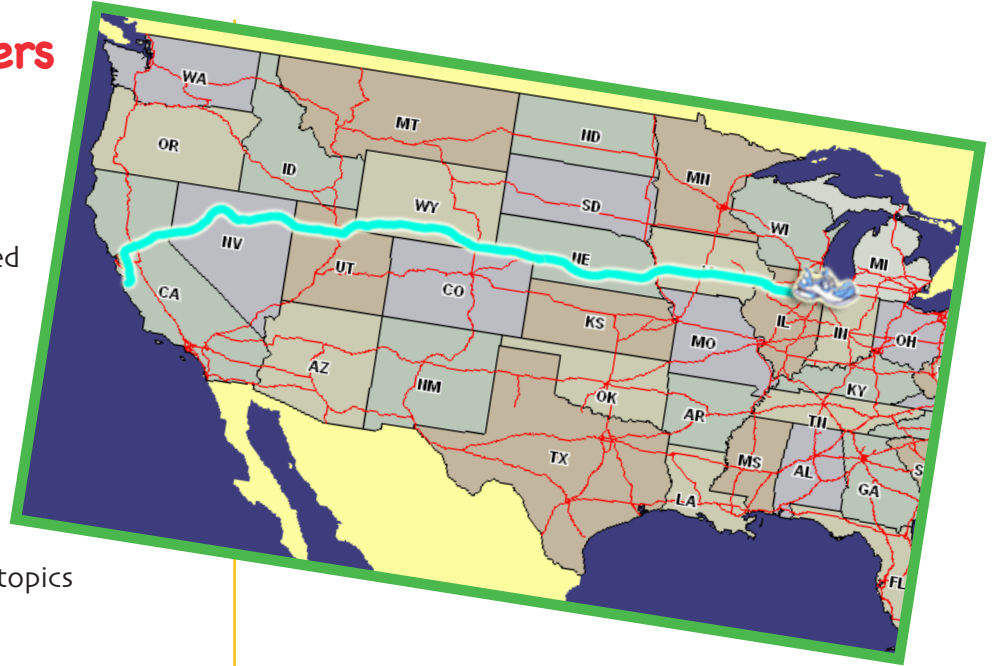
Excellent **resource guide** for related topics

Provides online **incentive awards**

## For Children

Encourages **life-long positive habits**

**Combats** childhood obesity



**Educates** through web-linked geographical and historical sites on virtual runs across the USA and Europe

Features **group goal setting**

Promotes **good citizenship** through JUST DEEDS

Encourages **healthy eating** through JUST TASTE

Compares **timed mile** results

Encourages parental and **family** involvement

**Motivates** participants

- Non-competitive – all children are successful
- Fun
- Incentive-based



# Getting Started



We are pleased that you will be implementing JUST RUN and appreciate your desire to promote youth fitness. Your enthusiasm and commitment will ensure your success!

Keep in mind the goals of the JUST RUN program: an opportunity for children to learn about running and physical activity in a fun environment, one which encourages **pride in accomplishment**.



# Quick Start



**1** Become familiar with the many facets and features of JUST RUN. Explore JUST RUN Across the USA, Just Deeds, and Just Taste. Review the Forms section on the website. This program was designed to be “turn-key.” View the training videos for suggested relays and drills, for proper running and form techniques, and to hear the JUST RUN song.

**2** Read the Liability Release Form; this contains the Terms and Conditions.

**3** Submit your Volunteer Application online, or download a Volunteer Application to print and mail.

**4** Your information and group(s) will be entered into our database. You will have selected a password to access your group. Only one teacher or leader needs to submit an application for a school. Additional teachers can be listed on the application. At this point you and/

or additional teachers will be set to enter children’s names, to record their mileage and Just Deeds, and to have FUN! We suggest your youth running group for “Run Across the USA” have no more than 40 children. The accumulated mileage of groups with too many children may get them across the USA (or Europe) and back too quickly. If you have more than 40 children separate them into groups; for example by grade level or class.

**5** Click on Run Across the USA

- Go to the Page for Administrators
- Select School/Group
- Enter password
- Click on “Show Admin Page”
- You will use the Admin Page to add/change children, add mileage and deeds earned, to record and compare mile times, and to view incentive awards earned.



6

In the QUICK START section of the JUST RUN website there are step-by-step instructions on:

- How to add children to your group
- How to record mileage for your group
- How to track incentive awards
- How to record mile times to evaluate children's progress

7

Be sure to take advantage of the many forms found in the Forms section of the website. They are located in Quick Start and also in Resources. These include a JUST RUN Welcome and Instructions –Sample Letter, Just Deeds Form, Running Log, Mileage Achievement Chart, and Mile Marker signs, for example. You might like to give your participants a JUST RUN Club Card when they begin the program. The cards are best printed on heavy paper or card stock.

8

If you are located in Monterey or other designated counties in California, incentives earned and recorded for each participating class/student in your school will be mailed to you/your JUST RUN coordinator on a regular basis. If your school has a program coordinator, he or she is responsible for distribution to the specific classes. Programs outside of designated locales are responsible for purchasing and distributing their own incentives.

All leaders can take advantage of the printable online Mileage Incentive Cards to present to their students for designated mileage goal achievements. They are in the Forms section on the website.



# JUST RUN Tips

## for a Successful Program

- 1** Find and measure your course(s) and pick times and days when your group will meet to participate.
- 2** Measure a 1/4 or 1/2 mile distance either around a field or school yard, or use a track, if available. It does not have to be a flat area or even regular - obstacles add to the fun and variety. You can download and create your own JUST RUN distance markers in the Forms section of the website. The distance markers can be put on cardboard or wood and/or laminated. Put them into the ground or just tape to trees, buildings, etc.
- 3** If possible, change courses, locations, and directions over time to add interest and variety.
- 4** When not running laps, keep your children as active and moving as possible. For each 15 – 20 minutes of intense drills, relays and running activities, record a mile.
- 5** Select days to focus on increasing distance. On other days incorporate warm-ups, relays, drills, group runs, and prepared games. There are program activity suggestions in this manual and many additional ones in the Tools for Success section of the website.



- 6** Emphasize proper warm-up and warm-down techniques. Start each session with basic stretching and exercises. Let the children take turns leading the exercises. End each session with additional stretching.
- 7** Recommended drills and videos to improve flexibility, balance and strength, and to prepare young muscles to run without injury can be found in this manual and on the website.
- 8** If possible, meet two or three times a week and encourage the children to run with their parents on the weekends as well. Running miles with parents counts double in the JUST RUN Across the USA/Europe program.
- 9** Although the program is non-competitive you may want to record baseline and future times for a one-mile run so that your runners can evaluate their progress. Use the procedure found in Quick Start on the website.
- 10** Distribute the website's downloadable running log for recording supplemental mileage.
- 11** Promote healthy snacks and food choices.
- 12** Encourage your group to enter local fun runs and races. Consider putting on your own fun run; have the children help organize it!



# Program Suggestions

## Counting laps

There are different methods for counting laps around the field or the track. Here are a few:

**1** Use rubber stamps of various designs, animals or numbers. Each time a child comes around, stamp his or her hand. Washable markers also work well.



**2** Pass out different color Popsicle sticks. The kids have to hold them but they enjoy this. Provide a plain or different color stick each time around.

**3** Provide beans and bags. The students run with little bags and each time around are given a small bean or penny that goes into their bags. At the end they can easily count their laps.



## Drill packages using stuffed animals

One great idea for adding fun to the drills and relay races is to use stuffed animals in addition to soccer balls or other items.



**Teddy bears, various stuffed animals, large beanie babies, or other types of unique items** are great for running around and over while doing relays and agility-type exercises.

## Recording mileage for running across the USA and Europe

- 1** Mileage should be credited based on actual mileage run and/or walked. Biking and other sports do not count!
- 2** Mileage run with a parent may be counted as double; this encourages families to run/walk together.
- 3** Record mileage in increments starting with 1/4 mile and up. Regularly update the information on the website.
- 4** On days when the children do drills, rather than lap or track running/walking, estimate the distance that the children covered in the workout or a good guide is one mile for each 15-20 minutes of uninterrupted relays and/or drills.
- 5** Distribute the Running Log for unsupervised mileage. Children are requested to have a parent or guardian's initials on their log sheets for miles accumulated outside of your observation. Enter the data on the website.



## Typical workout session schedule

A typical workout session includes:

1. Hydration
2. Dynamic warm-up period involving movement and some gentle stretching
3. Drills in the form of games
4. Walk/run workout
5. Stretching and warm-down
6. Re-hydration

## Structure of your program based on days per week

Many leaders have requested the best basic structure to follow, based on their number of scheduled days for the program. We recommend that you start and end with stretching.

### If your program is 1 day a week:

1/2 the time should be drills/relays/laps/running activities

1/2 the time should be endurance based - running longer each week.

### If your program is 2 days a week:

1 day should be drills/relays/laps/running activities

1 day should be endurance based - running longer each week.

### If your program is 3 days a week:

2 days should be drills/relays/laps/running activities

1 day should be endurance based - running longer each week.

### If your program is 4 days a week:

2 days should be drills/relays/laps/running activities

2 days should be endurance based - running longer each week.

### If your program is 5 days a week:

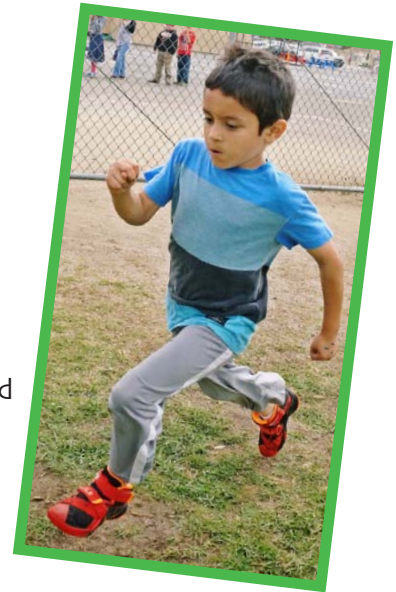
3 days should be drills/relays/laps/running activities

2 days should be endurance based - running longer each week.

## Running form

Running form should be reviewed regularly. Basic concepts are:

1. Run tall - don't lean too far back or forward
2. Run relaxed - head, face, shoulders, and arms should feel relaxed
3. Chin up and eyes forward
4. Arms swing straight ahead—not from side to side
5. Relaxed hands with thumbs up—no clenched fists
6. Start slowly
7. Exert the same effort going up and down hills as on flat ground
8. Do not over-stride



## Advice on JUST RUN indoor training

Training is difficult when weather is an issue. If possible, try to continue with outdoor training. Bundle the children up - after about five minutes of running the body acclimates well at temperatures even as low as 28 degrees.

Gloves, stocking caps and sweats are a must.

Safety is imperative; there are indoor training alternatives. You can measure the distance around your gym and have the kids run a number of times to reach 1/4 mile at each session; one mile can be recorded every four sessions. Combined with the drills and relays, the kids will get a great workout each time.



There are also indoor activities like running in place and old fashioned jumping jacks. Running relays on a basketball court or inside a multi-purpose room is great. If your school has corridors and steps (and you can ensure that doors aren't opening and closing) create a pathway for the kids to follow. An interesting "indoor obstacle course" is always something kids love.

# Just Stretch & Warm Ups

## Touch your toes

While standing, spread legs shoulder's width apart and touch your toes, keeping legs straight. Hold stretch for twenty seconds. Repeat.



## Ankle stretch

Place one foot forward, slightly off of the ground, and roll the ankle in a circular motion. Switch direction. Repeat with the other foot.



## Butterfly stretch

Sit on the ground and make a diamond shape by putting both soles together. Press feet together with hands. Try to make knees touch the ground. Hold for thirty seconds. Supplement by leaning forward and trying to touch nose to feet.



## Quadriceps stretch

Stand on one leg and firmly grab the foot on the other leg behind you, pull towards the body. Hold the stretch for twenty seconds. Switch and stretch the other quad.



## Calf stretch

Put hands and feet on the ground in a pushup position. Align body in a V position. Legs are straight, weight on toes. Alternate lowering heels to the ground. Hold for five seconds.



### Side twists

With your feet at shoulder width, arms to the side and parallel with the ground, stretch as you rotate from left to right.



### Warm up lunges

Place one foot in front (approximately 2 to 3 feet) and lunge forward, straightening back leg. Switch legs and repeat.

### Arm circles

Swing both arms backwards in a circular motion. Switch and swing arms forward in a circular motion. For a tricky stretch, swing one arm forward and one arm backwards at the same time, then reverse direction.

### Pike stretch

Sit on the ground with both legs together, straight in front. Grab toes and try to touch chest to legs. Hold stretch for thirty seconds.

### Marching/running in place

Stand in place, raising your knees in a marching motion, 10 – 20 times. Start slowly and then increase to a running pace.

### Jumping jacks

Approximately 20 times to get the heart rate up!



# Additional Warm Ups

- 1 Reach for the stars** - Stand straight and tall and reach as high as possible 5 times, alternating arms.
- 2 Sunflower** - Form a sunflower (circle) with arms over head and open arms while bending knees to touch the ground with hands - then back up again - 5 times.
- 3 Volcano** - Make whooshing sounds as you bend down and reach for the ground, legs straight, then stand up straight and tall and reach for the sky.
- 4 Shake it up** - Shake hands and feet for thirty seconds.
- 5 High Knees running in place** - Start slowly then move legs faster and higher while running in place.
- 6 "I Like" Game** - This activity is good for the first session. Mark two chalk lines about 25 yards apart. All kids stand on one line alphabetically by first name (they get to know each other that way). Each child in turn yells out something they like (such as "chocolate cookies and milk") or something they have ("I have a brother"). If anyone else likes that item or has the same thing they all run to the other line and then back together. Do this many times with several kids.



- 7 Ball Drills** - Using several soccer balls or other objects, 10 recommended, have the group run around the balls or over the balls while running or hopping. Emphasize high knees and some bounding if they are sufficiently warmed up. (View Ball Drills)
- 8 Jumping Beans** - Form a horizontal line(s) of 10 runners and everyone takes 5 running strides followed by a leap. Repeat for a minute.
- 9 Skipping** - skip with high knees with hands on hips.

# Recommended Relays & Drills

To make the most out of your JUST RUN session and to increase physical activity, have the children run in place while waiting for their turns.

**Extremely important** components of the JUST RUN program are the recommended drills and relays for children. The drills were developed to prepare young legs and bodies for running. They are fun to do and improve agility, balance, coordination, strength, and conditioning and are a perfect complement to JUST RUNNING for school-age children.

In this manual and on the website is a selection of possible "ball drills." A video demonstration is found on the website in Quick Start - Training Videos.

It is best to organize lines of 4 or 5 children for relays. Instruct them to run easy or have them run fast to compete against each other. We suggest having them run slowly and non-competitively until they understand all of the variations. Try to evenly balance the teams so they finish approximately at the same time.

Important note: The relays and drills are preferably done using soccer balls that are **LOW ON AIR** and **FLAT** on one side. They will not roll away and are not as subject to injury if stepped on.

We find that children enjoy stuffed animals to go around and over, as well as soccer balls



and/or objects of your choice. This adds variety and fun.

Relays and drills are best done on grass rather than cement or hard surfaces.

## Relays

Place several soccer balls - one for each group of children - 30 yards away from the starting line of the children. Each child runs to the ball, around it and then back to the group - tags the next person - who then does the same until all on the team have run. Variations should be done by having them first run around the ball from the left, then from the right side. Do this typically 4 times - twice from the left, twice from the right.

Variation: Each child starts from a kneeling position, first on the right knee, then on the left knee. Repeat 4 times, twice on the left knee and twice on the right.

Variation: Leaders of the lines start by lying on their backs, heads facing the balls. When hands are tapped, they turn over and then start running. For variety, have the children roll to the right or to the left, according to instructions.

Variation: Children run an entire circle around the ball before returning. Vary by having the children circle from the left and the right.

Variation: Set a ball out about 30 yards from each line of children and a second ball or animal at 60 yards. Have the children do activities around or over each object before returning and tagging the next in line. This adds distance to the drills and relays.





## Drills

Begin drills with a straight line of children; they individually run over and around a line of evenly separated soccer balls, or objects, and then return to the end of the line. Begin with 6 selected items and work up to 15 over a period of several weeks.

**Drill 1:** The balls should be less than 3 feet apart. Children run over the balls quickly, one at a time, in a running motion. When finished, they go back to the end of the line. Repeat.

**Drill 2:** The balls should be about 3 feet apart. Children swerve through and around the balls. When finished, they return to the end of the line. Repeat.

**Drill 3:** The balls should be about 2 feet apart. Children jump over the balls with legs together. Moving the arms helps with momentum. When finished they go back to the end of the line. Repeat.



**Drill 4:** High Knees - The balls should be about 3 feet apart. Children bound over the balls with alternating legs, lifting knees as high as possible. Repeat.

**Supplement** the above drills by having the children do push-ups, sit ups, jumping jacks, etc. between drills. Also, have the children run around the field, track or designated distance between drills, to add endurance.

On ALL of these drills and relays it is important not to allow much rest time between running and the activity. The children should move as much as possible. Encourage cheering, team spirit, and cooperation while waiting for their turns.

# Additional Activities

## Suggestions for Variety in Workouts

**1 Fitness Stations:** Children run for a minute or two between fitness stations and then do push-ups, sit-ups, jump rope, ball toss or other exercises for a designated time, before being signaled to run to the next stations.

**2 Buddy Runs:** Pair some of your faster children with your slower children for a run together. The faster kids slow down a bit and enjoy “helping” while the slower kids are encouraged to run faster and work harder.

**3 Relay Runs:** Again, pair the slower kids with the faster kids—try to equalize teams and run relays.

**4 Short Races:** Short races are challenging, fun, add variety to your program and encourage faster running.

**5 Bean Bag Relays:** Divide the group into teams. Put a bean bag (or other item) for each team member at a centralized location at a determined distance from the teams. Each team member runs, one at a time, picks up the item, and runs to the designated finish area. When the individual team members reach the finish area, the next person on his/her team runs, picks up a bean bag until all children have had their turns. The team whose members finish first wins!



**6 Teamwork Runs:** Line up teams of 4, 5 or 6. Teams of kids run single file around the track or field. When the coach blows the whistle, the last person in each line sprints to the front. Everyone cooperates by staying in line. Continue to blow the whistle until each member of the team is back in original position. This promotes teamwork and pacing.

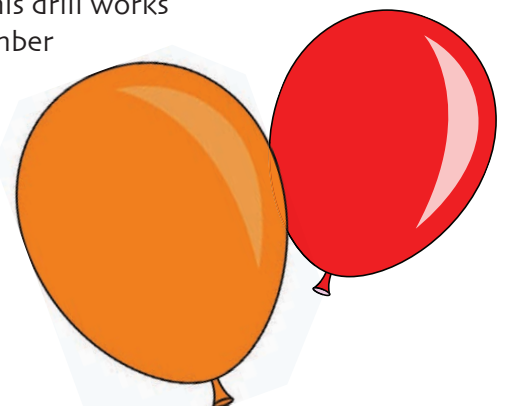
**7 Increasing Distance Practice:** Form teams of similar speeds. The kids run at least 1/2 mile (800 meters) in a group. Everyone must stay together. Increase the distance on a regular basis.

**8 Relay Races** around the track or field: Use relay batons or similar items. Teams compete against each other. Stagger the children around the track, approximately 100 meters apart. They pass the baton to each other and continue running.



**9 Balloon Relay:** Have a balloon for each relay team; runners pass the balloon to the next relay member. Watch the fun as they make sure the balloons don't fly off!

Vary distances. This drill works well with any number of teams and children.



**10****Cat and Mouse/**  
Fox and Hounds/  
Teacher and Student

There is a variation of Cat and Mouse called Fox and Hounds.

On occasion, invite a teacher or principal to participate. The invited guest begins running and then the children are signaled when to “start the chase.” The teacher should run at a comfortable pace to encourage all the children to catch up and eventually run with the accumulating group.

Or, one of the faster students can be designated as the HOUND and everyone else as a FOX. The HOUND starts behind and catches up/tags as many runners as possible, the FOXES. The HOUND can run moderately and make sure other runners ahead of them continue running or they can pursue and anyone they catch/tag has to stop running. The HOUND tries to catch as many other FOXES as he/she can. This is particularly challenging for competitive children.

**11****Obstacle Course**

Using cones, buckets, playground equipment, etc.

(use your imagination) have everyone run around and over things.

**12****Running for Time**

Time each child’s one mile run (run/walk). On a regular

basis, perhaps monthly, time them again. They will be delighted to learn of their increased speeds and fitness levels. The procedure for recording and comparing mileage times is a feature on the website in JUST RUN Across the USA.

**13****Whistle Run/**  
**Walk**

Instruct the children to alternate between running and walking each time you blow the whistle.

**14****Follow the Leader**

Send everyone out in groups with similar abilities. Have the children run in lines and have them alternate leaders when you blow the whistle. Each leader determines the course.

**15****Wind Sprints**

These are more aggressive workouts that should not be done the first few weeks of your program.

Draw a beginning and end line. Have runners run fast from one line to the other, then rest and repeat.

**16****Exhausted 400**  
**Hero Run**

At the end of a workout, when everyone is tired, surprise them by telling them to run fast for another designated distance, 400 yards or 200 for example. Call it a HERO run.



A Sample of

# Teacher/Leader Suggestions

Refer to [justrun.org](http://justrun.org) website for additional ideas



## Tracking Wall—*Pacific Coast Christian*

“One of the teachers had the idea to create a Tracking Wall. We ran off two shoe designs on card stock and had all of the kids color their own shoes. We laminated them and cut them out. The track is all colored masking tape.

When a child reaches a designated mileage goal, we move his/her shoe into that ‘miles run’ area on the wall. When a student reaches 100 miles, he gets a special sneaker sticker on his shoe. I write 100, 200, etc. on the stickers. Then the shoe starts the track all over again. Two of my girls spend a recess or two each week moving all the shoes. I give them a Just Deed for that.”

## Positive Rewards—*Roosevelt School*

“Once every couple of weeks I mixed things up on the track by making them go the opposite direction than usual.

To keep track of their laps I used a washable marker and ‘dot’ the top of their hands until they completed all the laps required for that day. They seemed to like markers that had letters or numbers on them.

We also had the children and parents sign a ‘contract’ stating that they could only miss so many practices or they would be dropped from the team. We had

our own team shirts made and I didn’t actually drop any child for missed practices, but I did not give them a team shirt if they missed too many practices.

On days that were particularly hot, one of the moms brought a couple of spray bottles. Every time a child passed two spots on the track they ran through an invigorating shower of water. They really LOVED this!

I also gave positive rewards for great participation. The kids that didn’t miss more than 3 practices received a special lunch party. It was inexpensive and it gave them a goal.”

## Switcharoo—*El Gabilan School*

“To get the teachers involved, I went into some rooms and fixed them a JUST RUN bulletin board. I took the students out myself and did laps on the track. The activity they really like is Switcharoo. Runners find a partner, get back to back, and go in opposite directions with one walking and the other jogging. When they meet, they high-5 and switch walking and jogging. It gets them all moving because they have a partner depending on them. The JUST RUN bulletin boards in the hallway are great motivators for all.”

## Exercise Stations—Porter Youth Center

“As each child finished a designated number of laps, increasing each session from 2 to 3 to 4 to 5, etc., each would go to one of several exercise station areas. There were exercise stations designated for jumping jacks, push-ups, and sit-ups. After the exercises a warm down lap or two was run.

The children also enjoyed competition like 100 meter sprints against each other, with the winners advancing from each group to race against each other. They also liked to run one lap to beat a designated time, for example everyone tried to run faster than 2 minutes.

One special workout most kids enjoyed was a backwards challenge. To mix up the running on the track, they were challenged to run backwards the entire time for one lap without stopping or to do some out of the ordinary activity besides running.

One interesting idea is to get children who usually stand and talk to ‘walk while they talk’ at recesses or during lunch time. Especially if they wore pedometers this walking while talking gives them quite a bit of unexpected exercise.”

## Run with the Principal Day—New Republic School

“One great program idea is the Run with the Principal Day started by our principal. The principal contributes a few days per week when students can ‘Run with the Principal’. The principal gets in her own run and many kids tag along with her. This is usually done on the track or the athletic field. It’s amazing how many kids are motivated to run, be healthy, and stay active, by seeing that their principal does the same thing.

## Bulletin Boards—La Mesa School

We have done some ladder runs where each group runs in a line and they take turns going from the back to the front of the group to set the pace. Every other

week they like to JUST RUN the course to see how fast they can go. With the younger kids we do some red light, green light, orange light drills so they can learn pace a bit better. They tend to know their own limitations and slow

down and speed up as they feel. We have found that when we tell them not to stop until they reach a cone marker that helps their endurance as they often go a bit further when they feel like stopping.

The coordinator at our school created a JUST RUN bulletin board, located in a prominent location in the main hallway.

Another teacher printed off JUST RUN mileage markers from the website for 25, 50, 75 and 100 miles and attached them to colorful paper. These were posted on her classroom door along with the lists of children who achieved these mileage goals. This was a great motivator and gave recognition to all of the children who reached these mileage accomplishments.”

## Early Start—Kammann School

“We make a point of starting the day with the JUST RUN program. There are many benefits for this. The children usually start the day by being social with their friends. It’s a healthy way for the children to complete their social talk on a nice run, rather than waiting and using valuable classroom time.

The teachers have also found that the early run ‘slows down’ those children who are hyperactive and excitable and makes them ready to concentrate when they enter the classroom. Just like adults, our students comment that they miss their morning runs when for some reason they cannot do it!”



# Weather Conditions

## and Proper Clothing

Children enjoy running in almost all weather conditions! However, it is always important for the children to wear suitable running shoes, ones that fit, are comfortable and designed specifically for running. Clothing should be compatible with the weather conditions.

### HEAT:

1. Drink water before and after running - stay hydrated.
2. If running longer than 20 minutes, drink water during the run.
3. Wear light clothes both in weight and color; they do not absorb as much heat. Wear shorts and a singlet or t-shirt.
4. Wear a hat or cap to protect eyes and skin from the sun and to keep cooler.
5. Sunglasses are always recommended.
6. Wear sunscreen on the face, forehead and exposed skin. Use one formulated for sports.
7. Run slower on very hot days.
8. If possible, run in the early morning or later in the afternoon when it is cooler.

### COLD:

1. Run in sweatpants and a sweatshirt or a long-sleeve shirt.
2. Wear gloves - there are very light gloves made especially for runners.
3. Wear layers so that outer clothing can be removed when body temperature increases.
4. Wear a stocking cap or hat to keep the head warm. Most body heat is lost from the head and hands.
5. If gloves are not available, use a pair of socks!
6. To avoid injury, start slowly and warm-up adequately. It is easier to injure muscles in cold temperatures.

### RAIN:

1. Do NOT run if there is lightning or thunder.
2. Do NOT run on roads when visibility is poor for runners and drivers.
3. Wear lightweight (in relatively warm temperatures) or water resistant clothing. The rain quickly makes clothing very heavy; avoid sweatshirts and sweatpants.
4. A change of clothes should be readily available at the end of the run.
5. Wear a hat to keep the head dry and water out of the eyes.
6. Wet shoes are heavy and wet socks are uncomfortable and cause blisters. Stay out of puddles!
7. Allow shoes to dry naturally. Dryers ruin shoes.

### WIND:

1. The wind can be your friend as a runner if it is coming from behind you or it can be your enemy if it is blowing in your face.
2. Make hats tighter than usual when wearing one in the wind.
3. Avoid strong winds which can interfere with balance and blow particles into the eyes.



# Snacks for Runners

## Suggested Choices:

- Bananas
- Carrots
- Unsweetened cereal with skim or no fat milk
- LOWFAT Chocolate milk
- LOWFAT Cottage cheese



- Dried apricots
- Dried plums
- Soy-nut trail mix
- Energy bars (low calorie)
- Whole grain English muffins



- Fig bars
- Fruit popsicles
- Fruit yogurt
- Granola bars
- Green soybeans

- Oatmeal
- Rice cakes and peanut butter
- String cheese
- Tuna
- Microwave popcorn
- Pretzels

# Forms, Certificates, and Guidance

Found on the [justrun.org](http://justrun.org) website

Volunteer Online Application

Liability Release Form (Includes Terms and Conditions)

Introducing JUST RUN – Sample Letter

Welcome & Instructions – Sample Letter

Family and Student Contract

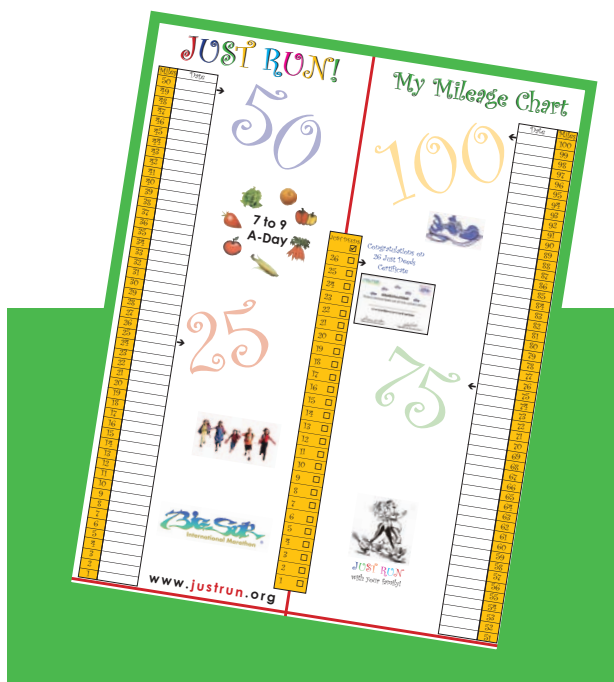
Supplemental Running Log

Just Deeds Log

Just Deeds Award Certificate

Just Taste Form

Mileage Chart



Just Taste Awards Certificate

Mile Markers Form

JUST RUN Club Cards

Mileage Incentive Awards Cards

Before & After Child/Family Survey

Promotional Packet

Leader Manual

Medical Guidance

Graphic Standards



# Testimonials

FABULOUS, FANTASTIC, AWESOME, MAGNIFICENT! This is a program we want all schools in California to embrace; healthier kids learn better."

~ Tom Torlakson, California State Superintendent of Public Instruction

"I've been involved with children's running programs for over 40 years. I've not found any program that does a better job of organizing the training, empowering children, and making exercise fun - as JUST RUN."

~ Jeff Galloway, US Olympian, Author, Runners World columnist and coach

"Physical fitness is high on the Governor's priority list, and JUST RUN offers returns beyond simply the physical activity of running. It delivers such positive experiences as team building and the shared experience of preparing for and completing a challenging task. This program is having a tremendous impact in Monterey County."

~ Nancy Kotowski, Ph.D, Monterey County Superintendent of Schools

"This organization does everything that the children of today need. It gives them a reason to get up and give it their all each day, it helps them set goals for themselves and see them met, it encourages helpful deeds amongst their peers, it encourages them to keep track of their progress as compared to their goals, and it encourages healthy lifestyle choices like good nutrition. These are just some the reasons why I love this JUST RUN club so much. It is making a huge difference at our school."

~Mary B. Teacher/Leader

"The kids are running more than ever with JUST RUN! It is wonderful to have goals and a way to track students' overall progress. There are so many features of the program I am beginning to delve into. My students have been recording their mile times on paper and setting goals for themselves. The kids are getting their parents to walk with them and are enthusiastic to help their families to earn Just Deeds. I am seeing so much overall motivation and excitement. Thank you for getting this into our schools!"

~Birch B. Teacher/Leader

"Parents, students, and teachers are all benefiting from the JUST RUN program, physically and mentally. Students are excited to get their incentives and are motivating their families to get out and exercise together. I have parents sending me notes and texting me that their families now go walking together because of the JUST RUN program. Doing JUST RUN during PE also helps with PE time management. I am very happy my school and class are a part of the JUST RUN program!"

~ Cassandra C. Teacher/Leader

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[justrun.org](http://justrun.org)