



Welcome to JUST RUN!®

STUDENTS:

Thank you for joining the JUST RUN program here at _____ [name of school or organization]. The first day of practice will be _____ [date] at _____ [time]. Please meet at _____ [location]. If you need to change clothes, do so prior to coming to practice. If you have not turned in your Parental Consent Form and your Family and Student Contract, be sure to bring them to the first session. The forms can be downloaded from the forms section in the Program link at www.justrun.org. (Please make sure you are committed to twice weekly practices, time for practice at home, a commitment to doing the Just Deeds and a positive attitude!)

PARENTS:

Your child will need:

- Comfortable clothes** -some days are windy and you may want a sweatshirt
- Appropriate shoes** -no platform tennis shoes, running shoes are best
- A water bottle** -with his/her name written on it

During each practice we will be warming up, playing active group games, working out, warming down, and having some talk time. We will be practicing at the following location(s); either on the field at _____ [name of school] or at _____ [name of park, etc.]. Practice will begin at _____ p.m. Please pick up your child at _____ [practice location] by _____ p.m.

We are working toward three main goals:

- 1. Learning about and maintaining a healthy, active lifestyle**
- 2. Participating in one or more goal races by the end of the school year**
- 3. Running a total of 50 miles and doing 26 Just Deeds to earn a t-shirt**

If your child does not run a complete mile at a time, miles may be recorded in half-mile increments. If a measured distance is not available, each twelve minutes your child runs non-stop (or 20 minutes if walking) may be counted as a mile. A great incentive for running at home with a parent is earning double miles! Each mile that you run or walk together, either after school or on a weekend, will count for two miles.

Your child will be given two log sheets, one of recording mileage run at home and one for recording Just Deeds. A parent must initial mileage and Just Deeds earned on the log sheets for them to be valid. It is recommended that the log sheets be brought to each workout so that I can keep their miles and deeds recorded and updated on the website. (www.justrun.org)

Looking forward to a very successful JUST RUN program!

[Your Name]