



WELCOME TO JUST RUN!

JUST RUN is a FREE, multifaceted youth fitness program developed by the Big Sur Marathon Foundation. It not only promotes *exercise* and the sport of running but also *good citizenship* and *healthy eating* by 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.

JUST RUN is non-competitive so all children are successful and experience *pride in accomplishment*.

Our first session will be held at _____ on _____. During each session we will be warming-up, playing active group running games, stretching, warming down, and having some talk time. We will be practicing at the following location(s), either on the field at _____ or at _____. JUST RUN will begin at _____. Please pick up your child at _____ by _____.

Your child will need:

- Comfortable clothes - some days are windy or cold so prepare your child with a sweatshirt or jacket.
- Appropriate shoes that are comfortable for running and jumping, running shoes are best.
- A water bottle with his/her name written on it is suggested but not required.

The children will be given a log form for recording additional miles run at home. A parent must initial the recorded mileage to be valid. Please have your child return the mileage log regularly so that the extra miles can be added to his/her total. If your child does not run a complete mile at a time, miles may be recorded in $\frac{1}{2}$ and $\frac{1}{4}$ increments. If a measured distance is not available, each 12 minutes of non-stop running, or 20 minutes of 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 will count for 2 miles.

We are also participating in the Just Deeds component of the program. Your child will receive a Just Deeds form to record good deeds performed. Be sure to initial each one so that they count towards a good citizen award.

For additional information about JUST RUN, please visit www.justrun.org.

Thank you for encouraging your child to form lifelong healthy habits. Looking forward to a very successful JUST RUN program!

Sincerely,