

# Come Join Us!

All are welcome:

[Register Now!](#)

- Students
- Families
- Staff
- Alumni



## CSD 63 RUNNING CLUB

STUDENTS | FAMILIES | STAFF | ALUMNI

While it is unfortunate that the 2020 CJHS Cross Country season was cancelled due to the COVID-19 Pandemic, this is the time to turn tragedy into triumph and come together as a community. We are looking to build a healthy and active mindset among district students, families, and staff as we continue to navigate the ongoing health concerns associated with the pandemic. We would like to invite all Cass School District 63 Students, Families, Staff and Alumni to participate in this year's Cass School District 63 Running Club. We look forward to virtually running with you this fall.

- Coach Craig Damrow and Coach Scott Kondraschow



Please remember to take health and safety precautions when choosing when and where to run.

As a Cass School District club, we encourage you to:

- Run in areas that allow for social distancing
- Be aware of traffic when running on roads/sidewalks
- Wear appropriate running shoes, and athletic clothing



We challenge you to join us for 5 weeks in preparing for CARE's **Cass District 63 Virtual 5K Run/Walk – October 10th**

The club will provide you with:

- Training Resources, Running Advice, and Weekly Mileage/Minutes Goals
- Weekly Contests
- Submission of Weekly Miles/Minutes



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# Youth Running - What You Need To Know

It is important to not overdo it when it comes to running at a young age; these recommendations come from Runner's World - Essential Guide to Children's Running.

This checklist from [KidsRunning.com](https://kidsrunning.com) helps you determine whether or not the running your kids are doing is appropriate. You should be able to put a tick next to each statement.

- They are having fun
- They want to run
- They set the pace
- They take walking breaks when tired
- They do other physical activities, for example, cycling, dancing, or swimming
- They can let go. In other words, if you want to run on your own, it's not a problem
- They are healthy - not injured
- They eat to stay strong
- They are positive about running
- They have enough pep left to do homework and other chores

Setting Limits - Make sure your children don't exceed these recommended distances

The International Association of Athletics Federations offers guidelines on the maximum distance children should run in any one session. Weekly training mileage should not exceed twice these maximum distances.

It also advises that training frequency for those up to 14 years old should not exceed three sessions per week.

Under 9: Maximum distance: 3K

9-11: Maximum distance: 5K (3.1 mi)

12-14: Maximum distance: 10K (6.2 mi)

15-16: Maximum distance: Half-marathon (13.1 mi)

17: Maximum distance: 30K

18: Maximum distance: Marathon (26.2 mi)



Week 1 Challenge:

- Register Now -- <https://forms.gle/9ifZwtoF8WLCmFGMA>
- Record Miles or Minutes Run from Thursday, September 10 through Monday, September 14<sup>th</sup> -- we will send a Google Form for submission in our next Newsletter
- Submit a photo of you running in Cass or Concord Spirit Wear
- Follow @CSD63RunClub on Instagram and Twitter



*“There is no failure in running, or in life, as long as you keep moving.”*

*- Amby Burfoot*



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