

EXCELL Running Club

It's that time of year, the weather is cooling down and Rockenbaugh students are ready to run. **EXCELL Running Club begins on Monday, October 5th** and will continue every Monday and Thursday until the Dragon's Fire 5K or May, whichever ever comes first. The time is 3:00 to 3:30, please be prompt. Remember, we have the three strikes and you're out policy so make arrangements to pick your children up on time.

Mark your calendars with the following dates:

October—5, 8, 15, 19, 22, 26 and 29

November—2, 5, 9, 12, 16, 19 and 30

December—3, 7 and 10

January—11, 14, 21, 25 and 28

February—1, 4, 8, 11, 18, 22 and 25

March—1, 4, 8, 11, 22, 25 and 29

April—1 and 5 (extended dates after Run the Rock)



Our annual **Run the Rock 5K** is scheduled for **Wednesday, April 8th**. Any EXCELL member that accumulates 25 miles this year is eligible to register for our Run the Rock 5K. This should be fairly easy since we will meet approximately 35 times before then. Run the Rock registration forms must be turned in by the deadline to participate. Thank you!

If you miss EXCELL Running Club you can **make up** the miles for that day at home. I will need a written note from home with your mileage for 20 minutes of running. You will be given credit for races that you enter and run as long as you show me your race number and tell me your time. You will not be credited for extra miles you run at home with family or friends, but it is GREAT for your body. This is due to the number of incentives we have to offer. Thanks for your understanding.

Remember to wear running shoes and to bring a water bottle to keep you hydrated.

Happy running!!!

