

# Join the 2017-2018 Marathon Club!



## 2017-2018 Club Dates

September 6, 13, 20, 27

October 4, 11, 18, 25

November 1, 8, 15

March 28

April 4, 11, 18, 25

May 2, 9, 16

Run 26.2 miles over the school year with us to get fit and earn prizes!

Wednesdays after school from 1:35-2:35pm

Half-mile route wraps around the school with volunteers in key locations to supervise and encourage participants. We invite families to come join the fun and run, walk, skip, or push a stroller to help us monitor the course.

Submit up  
to 10 extra  
outside  
miles!

Volunteers & donations are needed! If you are able to contribute, please email: [deerfieldmc@yahoo.com](mailto:deerfieldmc@yahoo.com).

Please have your child wear running shoes and weather-appropriate clothing. We provide water stations but we encourage the kids to bring a water bottle. Please review club rules (on back) with your children.

Online enrollment through [eventbrite.com](http://eventbrite.com) is mandatory for participation. Please enroll students before 9/6/17 for us to ensure mileage accuracy.

Stay informed by joining the "Deerfield Elementary Marathon Club" Facebook Page.

# Marathon Club Rules & Expectations

- \* All students must CHECK-IN and CHECK-OUT with the appropriate volunteer by grade (outside by picnic shelter) or Boys & Girls Club check-in/check-out with BGC Staff (inside).
- \* We release all runners who have checked-in (and are wearing their lanyard) in the following order: 5th, 4th, 3rd, 2nd, 1st, K.
- \* All runners must wait in the designated area until they are released to run.
- \* All runners must follow all instructions given by volunteers and be respectful to volunteers.
- \* Runners must stay on the route. **NO SHORT CUTS ARE ALLOWED.** Please stay out of neighborhood lawns and property.
- \* Bring a water bottle. Do not throw water.
- \* Enter school only to use the bathroom! The front doors to the right of the main entrance will be open.
- \* No swinging or climbing on trees. Please keep sticks & rocks on the ground.
- \* Keep hands, feet, and unkind words to yourself as it will not be tolerated.
- \* Please be mindful of those who are running if you are walking or going slower and create room for them.
- \* Please keep all electronics, toys, phones in your backpack as they will be taken if seen by volunteers.
- \* Look out for younger runners and stop to help them when needed.
- \* Participants must run/walk and will not be allowed to sit out without permission.
- \* When it is time to CHECK-OUT, Boys and Girls Club must go straight inside and all other participants go to picnic shelter area to wait for a parent/guardian to arrive before they are released.
- \* Lanyards are used for lap scanning/record keeping. Lanyards are scanned once per lap. Dishonesty with lap scanning is not tolerated. Please do not chew or otherwise destroy the lanyards. All runners must turn their lanyards back in upon check-out each week.
- \* Please make this a FUN environment for everyone and follow the rules above to ensure safety. Consequences will be given for those who violate rules which include loss of laps and can include removal from participation of Marathon Club.

## Stridetrack.com

1. All runners can log in to the StrideTrack Tracking System to see their progress. Laps from the previous week will be uploaded into StrideTrack before the next club date.
2. From the Member Login tab, simply enter runner ID number (personal bar code\*) into the system. Runners are limited to viewing their personal progress, class, and school progress.

\*Bar codes will be posted on the "Deerfield Elementary Marathon Club" Facebook page by the end of September.