

Sign Up for Running Club!

If it Doesn't Challenge You, it Doesn't Change You. Run With a Purpose!

MEET THE COACHES

Samantha McKee

5th grade Lincoln teacher and parent of 3rd and 5th grader This will be Mrs. McKee's first time helping with running club!

Contact info:

School phone:

266-6989

Email:

Samantha.mckee@mcusd709.org

Stephanie Heinold

Parent of a 4th and 6th grader here at Lincoln Mrs. Heinold has been a part of the running club for the past two years and is excited to work with the students again this year!

Contact info:

Cell: 309-696-6464

Email:

csheinold@gmail.com

Feel free to contact us with any questions you may have!

Contact us if you are willing to be a coach too! We would love to have you join our team!

Did you know running CAN be fun??

Join us as we use warm ups, cooperative games and various distances of running to help students meet new running goals and increase their endurance, speed, core strength and agility.

Who: Any 3rd- 6th grader at Lincoln Elementary

When: Mondays and Thursdays from 2:45-3:30 Starting March 19th
(March: 19,22,26,29 April: 9,12,16,19,23,26,30 and May 3)

** We will not meet April 2 and 5 due to Spring Break

Where: Meet in the hallway near the new gym. Practice will take place outside on the playground as weather permits. In the event of rain, we hope to practice in the gym. If we need to cancel we will contact you via text or email so please provide an email and number that you check regularly during the day.

Cost: \$10.00 This includes a 20oz bottle of water for each practice and a running club t-shirt. (We have additional funds available if cost is a concern)

Each practice will begin with sharing our goal for the day and stretching together. We will then work on the daily skill and have time to play a game or two. We will have opportunities for students to set running goals and record times so that they are able to see the progress they are making. We are also hoping to do an end of club race day during one of our last practices. (More details to follow)

If you would like to join us, please return \$10.00 cash and the permission slip below by March 14.

Child's Name: _____ Grade/Class _____

Parent Signature: _____ Date: _____

Phone number (in the event of schedule change or emergency): _____

Email (Please Print) _____

T-shirt Size: Circle one: YS YM YL AS AM AL