



Prairie Creek Running Club

Hosted by Prairie Cross Country and Prairie Track & Field

Join us for a fun opportunity to stay active, make friends, and build running skills! Prairie Cross Country and Track & Field invites any Creek student to join us on Sunday evenings in April/ May from 5:00- 6:00 pm at the Prairie High School Track. (If there is bad weather, we'll move indoors for activities.)

Schedule

- **First meeting:** Sunday, April 26th
- **Club dates:** April 26th, May 3rd, 10th, 17th, 24th, and 31st
- **Final event:** May 31st- Time trial races on the track ranging from 100m-1600m

What to Expect

Students will receive guidance and encouragement from Prairie XC/T&F coaches and athletes in distance running and one speciality event per week. Parents are welcome to join the run or cheer along the course!

Sample Schedule:

- 5:00- 5:10: Arrival and warmup
- 5:10: Begin running workout. We will run the path around the high school stadium. The loop is about 3 laps to a mile. Students are encouraged to take water breaks as they complete a lap.
- 5:40: Wrap up running workout
- 5:45: Speciality/ Field event exploration (hurdles, jumps, throws)
- 6:00: Group breakout and pick up

Who Can Join?

- All 5th & 6th grade students
- Prairie staff
- Prairie families

What to wear/ bring:

- Proper shoes (no sandals, crocs, or open toed shoes)
- Running clothing
- Water bottle

Sign up [Here](#) (If you completed the form in the fall you do not need to complete again)

Questions or comments:

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