



## 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 Monday, Wednesday and Friday mornings in June/ July from 8:00- 9:10 am at the Prairie High School Track. (If there is bad weather, we'll move indoors for activities.)

- **First meeting:** Monday, June 8th
- **Club dates:** Mondays, Wednesdays, and Fridays in June and July

### What to Expect

Students will receive guidance and encouragement from Prairie XC coaches and athletes. Parents are welcome to join the run or cheer along the course! This summer, students will also have the option to eat a free breakfast provided by the district. The breakfast will be available at Prairie Heights immediately after the run club.

### Sample Schedule:

- 8:00: Arrival and warmup
- 8:15: Begin running workout. Running routes will vary each week but will remain around the high school track
- 8:45: Wrap up running workout
- 8:50: Game: tag games, ultimate frisbee, relay races, etc.
- 9:05: Group breakout and pickup. Option to head to breakfast at Prairie Heights Elementary.

### Who Can Join?

- All incoming 5th & 6th grade students, siblings and parents
- Prairie staff

### 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 or spring you do not need to complete again)

### Questions or comments:

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