

PCA Elementary Running Club



Calling all 3rd-6th graders! Get ready to RUN!

Join us for the BRAND-NEW running club this fall!

The goal of the running club is to encourage and inspire kids to enjoy running and to complete the PCA Purple & Gold 5k as a team.

Join us:

Monday Evenings, 6:30-7:15pm (No practice on September 2nd)

Thursday Afternoons, 3:15-4:00pm

Saturday Mornings, 9:00-9:45am (No Saturday practices August 31 due to Labor Day)

Parents are welcome to stay with their child and run or drop their child/children off and return at the end of practice time. On Thursdays, your child can go straight from school to practice. The meeting location will be upper elementary hallway near the welcome desk. Our adult leaders will be Mrs. Brodhagen (staff), Mrs. Jennifer Hock and Mrs. Wanda Sands. If your child is NOT attending practice that day, you MUST email Mrs. Brodhagen by 12:00pm. (We want to ensure we have an accurate count of children coming from school directly to practice.)

We really encourage parents to join their kids in this activity! If you are a parent participant you must have a volunteer application completed on file at PCA. Come as many or as few times as you like or to all sessions. We will work together on strength, time and distance over our 6 weeks together.

Who can participate: 3rd through 6th grade students (and parents if available).

What to bring: athletic shoes, water bottle and appropriate running attire. Students will change into athletic clothing in the restrooms near the welcome desk.

When: First practice is Thursday, September 5 from 3:15-4pm. (Please note we will have practice even though it is not a full day of school) and conclusion October 4th.

Where: Meet at the soccer bleachers.

Cost: \$25.00 per student. The cost includes admission into the PCA Under the Lights 5K Run on October 4th.

Staff member contact information: Mrs. Marisa Brodhagen
(marisa.broadhagen@plymouthchristian.org or 734-459-3505 x 3159)