



OVERVIEW

MES RC is a club sport coached and 100% run by volunteer parents and teachers. Our mission is to have FUN, build character, and establish healthy habits through running. The MES Run Club is open to all boys and girls (1st-5th) regardless of athletic aptitude. Success will be measured by effort, not speed. It is our hope to instill the joy of running at an early age.

Please review with your child and confirm that *they* have an interest in running and are willing and able to participate fully. This is particularly important for older children - the fourth and fifth graders - who will log 1-2.5 miles per practice.

BIG PICTURE LOGISTICS

WHO CAN JOIN

The MES Run Club is composed of runners from 1st to 5th grade. The only exception for this is if the Kindergartner's parent is a coach.

DETAILS

- The MES Run Club meets on Thursdays from 2:15-3:30pm.
- The student athletes will have 10 minutes to eat a healthy, nut-free snack.
- Children are grouped by gender, grade level, and interest in running.
- There is a low coach to runner ratio: 1 coach per 5 runners.
- An integral component of the club is Character-In-Action (CIA) activities. Students learn about responsibility through creating healthy habits and contributing to their school community through CIA activities and mentoring opportunities.

REGISTRATION **IMPORTANT, PLEASE READ!**

The MES Run Club link will be listed in the Mustang Bulletin on Friday, January 24th. This will enable families new to MES Run Club to create an active account and it will give veteran families the opportunity to locate their passwords. Please note that creating an account does NOT mean your child is registered. The program will read "there are no open programs at this time" throughout the weekend and you will not be able to register your children until Monday morning. On Monday morning, January 27th at 6:00am the link will go live and registration will begin immediately. You will use the link that was provided to you in the Mustang Bulletin on Friday, January 24th to register. **Registration typically fills within the first 5-20 minutes.** Once registration is full you are highly encouraged to add your name to the wait list (link to wait list available on registration page till noon).

- The \$105 participation fee covers the end-of-season race fee, team shirt, bag, toe tokens and a 15% discount at the Big Peach on Tuesday, March 3rd.
- We will provide scholarships for any students in need of financial assistance.

IMPORTANT DATES:

- January 24: Link sent via Mustang Bulletin (*the link will be open ONLY for creating accounts/locating passwords*)
- January 27th {6:00am}: Open Enrollment
- March 3rd {5:00pm-8:00pm}: Big Peach Packet Pick-up
- March 5th: First Practice of the Spring Season
- April 25th: Chamblee Mud Run
- April 30th: Last Practice of the Spring Season

Please contact us at mesrunclub@gmail.com with any questions.