

Join the Double File Trail Running Club!!!

Does your child love to run? Have excess energy? Love the outdoors? Want to run with friends?

What: The DFT Running Club is a weekly after-school running program.

When: We'll meet in the Gym, every Friday, right after school, **starting October 30th**. Students who are signed up to participate will go directly to the gym at dismissal. Parents may pick up their children at the track field on the left of the school at 3:30.

How does it work? Children will walk or run as many laps on the track as time allows. Volunteers will keep track of the miles. Achievement stamps will be given. These laps can be used to achieve their Marathon Kids goals, though you do not have to be participating in the Marathon Kids program to come to Running Club.

Who can join? Any, and all, DFT students!

Why? Running (and Physical activity) helps to build a healthy heart and fosters great self-esteem! Running with friends helps to build a great DFT community!

For more information, or if you would like to volunteer, please contact Jennifer Barwick @ Jennifer_Barwick@roundrockisd.org

***Your child must have a way home from this afterschool activity. Please be prepared to pick up your child at 3:30 if your child is not a walker. We will send YMCA after-school care kids to the cafeteria at 3:30. We will not have Running Club on rainy days.

_____ We plan to participate in the DFT running club and I will pick up my child.

_____ We plan to participate in the DFT running club and my child is a walker.

_____ We plan to participate in the DFT running club and my child will go to YMCA.

_____ We plan to participate in the DFT running club, and I would like to volunteer!

Students name _____

Grade/Teacher _____

Parent's Name _____

Email Address/Phone number _____