

Running Club

Fall 2023



Who: 1L-4L Scholars

Where: Meet in Senor Ormberg's Room, 1502

When: Tuesdays & Thursdays, 3:45-5:15 p.m.

Dates: September 12th – October 26th

Advisor: Senor Ormberg

Fee: \$75, payable to *Parnassus*

Deadline: Thursday, September 7th

All skill and experience levels welcome! Practices consist of a warm-up walk/jog to Forest View Pond Park near campus, followed by more in-depth warm-ups and the run or workout of the day as set by the coach. Practices end with a fun game and team jog back to campus.

Be prepared to run and try your best. Experienced long distance runners not expected, but we do expect an effort to run as much as possible and HAVE FUN!

Equipment/Materials

- Running clothes (be prepared for cold/rain)
- Running/Athletic shoes
- Water bottle (recommended)
- Small snack (recommended for after running)
- Watch (optional)



First-Come/First-Serve

Please note that due to high levels of interest during previous seasons, the maximum enrollment for this activity is 30 scholars.

LATE PICK UP

Please note that Animus/Accendo, the after-school care program is not included with this activity. Therefore, scholars must be picked up **promptly at 5:15PM**. Scholars that are picked up late and placed in the after-care program will be charged a \$32 fee. If you know you will need after care, please email animus@parnassusprep.com.

REGISTER

New in 2023-2024! All Parnassus activity registrations must now be completed online at: <https://parnassus-ar.schooltoday.com/> by a parent/guardian. Registration is not complete until the online registration form and payment have been submitted. Please note first-time registrants will need to create an account in our system.

Questions:

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