

# Running Club

Fall 2024



**Who:** 1L-4L Scholars

**Where:** Meet in Senor Ormberg's Room, 1513

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

**Dates:** September 10<sup>th</sup> – October 29<sup>th</sup>

**Advisor:** Senor Ormberg

**Fee:** \$75, payable to *Parnassus*

**Deadline:** Thursday, September 5<sup>th</sup>

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](mailto:animus@parnassusprep.com).

## **REGISTER**

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:

Ms. Baddin: [baddin@parnassusprep.com](mailto:baddin@parnassusprep.com) (763)-496-1416 ext. 290