



# Running Club

Spring 2024

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

**Where:** Meet in Senor Ormberg's Room, 1502

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

**Dates:** April 8<sup>th</sup> – May 15<sup>th</sup>

**Advisor:** Senor Ormberg

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

**Deadline:** Thursday, April 3<sup>rd</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:

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