

Ridgecrest Runners Marathon Team is Ready to Run Again!

Starting Friday 9/23 at 7:45am

What is a Ridgecrest Runner?

We are a parent run program, sponsored by the PTA, with the goal of helping kids to build confidence and physical strength. Marathon team members will complete 1 mile every Friday, before school, to reach the goal of 26.2 miles by the end of the school year. In addition to running each week, kids will participate in a fitness activity, ranging from strength exercises to group games.

Running 26.2 miles... one mile at a time.

All levels of runners are welcome and encourage to join. We do not expect all kids to be able to run a mile without stopping, but we do expect them to try their best and improve their running ability.

What do I need to have to join?

Parents- complete the google form to be found at

<https://forms.gle/JGWvmGoGQfRLSDvNA>

(Form REQUIRED to attend)

Join your runner for an informational meeting the first day at 7:45am.

Runners- A positive attitude and shoes for running
Commitment to attending every Friday and the Perseverance to finish 26 miles.

Last Day to Sign up- September 28!

Questions- contact Marci Cardon at calebandmarci@gmail.com