

September 6, 2022

Dear Parents,

The PQ Physical Education Department will once again offer an after-school running club for the 2022-2023 school year. The running club will be held on Wednesday and Thursday afternoons from 3:05-3:50 for fourth and fifth grade students. Wednesdays will be designated for fourth grade students and Thursdays will be designated for fifth grade students. Our program will begin on Wednesday, September 28.

Fourth Grade

Wednesday: September 28 November 2
October 12 November 9
October 19 November 16
October 26

Fifth Grade

Thursday: September 29 October 27
October 6 November 3
October 13 November 10
October 20

This will be an excellent opportunity for your son/daughter to meet new friends, understand the importance of fitness, and more importantly enjoy running on our cross-country course.

The course is on PQ grounds. Students will run only on the back fields. Students will not cross or run on any of the school's driveways or parking lots.

The goal is to track the total number of miles run. We will have a chart in the gymnasium lobby which will record their completed miles. Students will receive a t-shirt once the requirements are met for each mileage club. For example, if a student runs a total of fifteen miles in the program he/she will receive a t-shirt that represents the fifteen mile club. We will offer various mileage clubs depending on students running distances at the end of the program.

To have parents and the community involved with this program, I will give the students the opportunity to run on the weekend with the supervision of their parents to obtain mileage for the club.

Students must be picked up by 3:50 in the gymnasium. A late bus will be provided for all students participating in our program. **Please update School Dismissal Manager with the dismissal plan for your student.**

Please fill out the permission slip and return to Mr. Gilchrist no later than Friday, September 23.

The running club will be limited to the first thirty students to respond from each grade level. Students' names will then be posted on the bulletin board in the gymnasium lobby.

Thank you in advance for your support. If you have any questions, feel free to call.

Sincerely,

Rob Gilchrist
PQ Physical Education Teacher
669-5317, ext. 3147