

Marathon Club – Father Leonard Van Tighem



WHO? Students in Grades 1-6 are invited to join the F.L.V.T. Marathon Club!

WHAT? Marathon Club members will complete a MARATHON – 42.2km! Beginning Monday, April 8th, students will run approximately 2km every Monday, Wednesday and Friday morning, completing 40.2 km prior to Wed. May 29th. On Wed. May 29th, they will run the final 2km of their marathons in the:

Little Souls Kid's Marathon

Wednesday, May 29th at 6:30pm

Chinook High School in West Lethbridge

Students can register for the race online starting April 1st at <https://runnersoul.com/event/little-souls-kids-marathon/>

Parents are responsible for registering students for the race online and picking up their race packages. It fills up fast so register early. Every year, we have students in the club who don't register early and miss the opportunity to participate in the culminating event. Make sure that you say you are a student at F.L.V.T. on your registration form, as we are aiming to be the largest run club in the city again this year!

PRACTICES: Practices will begin every Monday, Wednesday and Friday morning at 8:05am. Teachers will not be present prior to 8:00am so please do not arrive prior to 8:00am We will meet in the gathering space. This is not a drop-in program. Students who miss a practice are responsible for making up the distance on their own time and for communicating it to one of the coaches. Some days are “theme” days. Check out the attached schedule. Reminders will appear on our school website’s calendar!

WHAT TO WEAR: Runners must wear running shoes and bring labeled water bottles. Dress for the weather. For the race, students are encouraged to purchase and wear a **Hawks Running Club T—Shirt which will be available online for \$20.50. There is an extra fee for adult sizes 2XL-4XL.** It is the same shirt used previously. Click on [FEE PAYMENTS](#) on the school website to pay. **Please note T-shirts purchased through the school are separate from any T-shirts that are being sold with the Little Souls Marathon Race Registration.** Payment will start Feb. 26th and the cut off is Mar. 12th.

BREAKFAST: Breakfast will be provided after every practice in the canteen for members who opt-in. **Breakfasts** for all practice sessions are **\$76.50** and must be **paid online.** Monday runners will be served waffles with optional whipped cream and berries, Wednesday they will be served strawberry parfaits with optional granola and Friday they will be served pancakes and fruit. Cereal will also be available as an alternative every day. Smoothies will be provided at the Colour Run. Click on [FEE PAYMENTS](#) on the school website to pay. Breakfast is a package deal and cannot be purchased daily or weekly. Enjoying breakfast together after every practice will be great team building!! Payment will start Feb. 26th and the cut off is Mar. 22nd.

BREAKFAST: OPT-OUT: If students opt-out of the breakfast program, they are still encouraged to enjoy their “from home” breakfast in the canteen with the other club members.

TRAINING SCHEDULE:

Date	Time	Distance	Distance Total
Mon. Apr. 8	8:05am	2.0km	2.0km
Wed. Apr. 10	8:05am	2.0Km	4.0km
Fri. Apr. 12	8:05am	2.0Km	6.0km

Mon. Apr. 15	8:05am	2.0Km	8.0km
Wed. Apr. 17	8:05am	2.0Km	10.0km
Fri. Apr. 19	8:05am	2.0Km	12.0km
Mon. Apr. 22	8:05am	2.0Km	14.0km
Wed. Apr. 24 "Flag Frenzy Day"- materials provided	8:05am	2.0Km	16.0 km
Fri. Apr. 26	8:05am	2.0Km	18.0km
Mon. Apr. 29	8:05am	2.0Km	20.0km
Wed. May 1 Donut Dash	8:05am	2.2Km	22.2.0km HALF MARATHON DAY!
Fri. May 3	8:05am	2.0km	24.2km
Mon. May 6	8:05am	2.0Km	26.2km
Wed. May 8	8:05am	2.0Km	28.2km
Fri. May 10	8:05am	2.0Km	30.2km
Mon. May 13	8:05am	2.0Km	32.2km
Wed. May 15	8:05am	2.0Km	34.2km
Fri. May 17th Colour Run - Wear a white T-shirt and prepare to get dirty! (adult help wanted!)	11:45am	2.0Km	36.2km
Wed. May 22	8:05am	3.0Km	38.2km
Fri. May 24	8:05am	2.0 km	40.2km
Wed May 29th Little Souls Marathon at Chinook High School (259 Britannia Blvd W)	6:30pm	2km Race	42.2km

**PARENTS/GUARDIANS
ARE INVITED TO
COME RUN WITH US!**

