



**Abby Reinke Running Club  
is going VIRTUAL!!!**



**Friday September 25, 2020:** Running club registration deadline

**WHO:** T/K-5th Grade and any parents or teachers who want to join

**WHAT:** Stretching, walking, running

**WHERE:** Anywhere around town

**WHEN:** First Day will be Monday Oct 5

**WHY:** To get out of the house away from the screen, move our bodies and have some fun!!!

**HOW:** Each runner will be connected via Strava App. (Once you have completed the forms, I will invite you to the Strava App where we will stay connected). Each week you will be able to track your miles (please be sure to take a phone with you) and keep an eye on the leader board. For the time being (because this is all online), you may run or walk as much as you want.

Fill out the applications and submit to [lanalawrence1009@yahoo.com](mailto:lanalawrence1009@yahoo.com).

Applications found on PTA website!

<http://www.arespta.org/running-club.html>

Then submit the \$25 participation fee via PayPal and please put your student's name in the notes section.

[https://www.paypal.com/donate/?hosted\\_button\\_id=PRHE4L38X656C](https://www.paypal.com/donate/?hosted_button_id=PRHE4L38X656C)

\*Students receive a running club T-shirt, lanyard and shoe tag!!  
(Items will be available to pick up at the school at a later date).