



WMES Fall Run Club

For: Grades 2 - 6

When: Every Monday & Wednesday 3:30 - 4:15

Starting: Wednesday September 7

Ending: Wednesday September 21

Coaching: Mr. Latta

**Final Event: Lethbridge 2km Run for the Pumpkin (Optional)
Saturday Sep 24 11:00am**

Our first WMES athletic group is starting up on Wednesday September 7! We will be working on building endurance as we run the track across the street. We will start with running 1 minute and walking 1 minute with a goal of running 10 minutes without stopping by the end of the short season. We are looking for any students who want to come be part of the running team, whether or not they register for the cross country meet. Pick up will be in front of the school at 4:15pm.

Parents (along with children younger than grade 2) are welcome to attend and run with us any of our run club days.

For those runners that want to compete on behalf of WMES, parents can register their athletes for the event. Registration is online and can be found by searching Lethbridge Run for the Pumpkin. Parents will be responsible for getting their runner to and from the event. It will be held at Nicholas Sheran Park and has a registration fee of \$16.50 per runner.

Remember to sign up for WMES Athletics news on our app to keep up with any announcements relating to the run club.

Please return the attached sheet.... You can keep this sheet for information

WMES Fall Run Club

Student Name: _____

Homeroom Teacher: _____

I will be registering my runner for the Run for the Pumpkin
(circle)

Yes

No

Parent Signature _____

