

# JC JOGGING CLUB FALL 2019

The 2019 Fall Jogging Club will begin on Tuesday, **October 1 and will run through Thursday, November 21.**

Students will meet on the athletic field at **7:40 am sharp and jog until 8:00 am** every **Tuesday** and **Thursday** morning, weather permitting.

The goal of the club is to enjoy some exercise before school and complete a 10K (6.2 miles) over the course of the 8-week session. These practice sessions will also prepare students for the **final “Greenwich Alliance Turkey Trot”** race on Saturday, November 30 <https://greenwichalliance.org/turkey-trot/>

*\*\*\* Parents and students are responsible for their own registration of the “Greenwich Alliance Turkey Trot” Race if they are interested in participating.*

**Please note, if it is raining in the morning, we will cancel that session. Please check your email for cancellations.**

Club Rules:

- Students will warm up, walk/jog around the field and stretch until 8:00 am.
- **Students must check in at 7:40am and check out at 8:00am**
- Students **without a permission slip WILL NOT** be able to run (please turn in the permission slip prior to the morning of the jogging session).
- Students will follow the field boundaries.
- Students **MUST dress appropriately** for the weather and wear appropriate athletic shoes.
- **The grass is WET** in the morning. **Bring an extra pair of socks and shoes** to change into for the school day.