



www.puprunning.org

PARENTS' INFORMATIONAL LETTER

Dear Forest Dale Elementary 4th and 5th grade parents,

FALL 2023

We are happy to let you know about a fitness opportunity that is being offered at our school. Pup Running is a Carmel school-based youth running program that is committed to encouraging fitness among elementary age children through the sport of running. Through fall cross country and spring track seasons, Pup Running strives to develop positive character qualities in students as they train and compete in cross country and track races—qualities like: Good Health, Sportsmanship, Teamwork, Discipline, Perseverance, and Best Effort.

Here is pertinent information that you should know about the FDE Pup Running Club this fall:

Coaches: Kelley Lefever, Carly Smith, John Buckingham, Dennette Miller, Joy Boake and Jenny Wiley
If you are interested in being a parent volunteer to assist with practices, please contact Kelley Lefever

Cost for Pup Running: \$21.00 with FDE Team Pup Running t-shirt; \$14.00 without a t-shirt

Registration: Is only offered online at www.puprunning.org (**REGISTRATION WILL RUN AUGUST 1 – 24TH - NO LATE REGISTRATION WILL BE ACCEPTED**)

2023 Fall Cross Country Season:

Pup Meet #1	(Wed) Sept. 13 5:30 p.m.	at Northview Church XC Course
Pup Meet #2	(Wed) Sept. 20 5:30 p.m.	at Northview Church XC Course
Pup Meet #3	(Wed) Sept. 27 5:30 p.m.	at Northview Church XC Course

(Each athlete will have the opportunity to compete in a 2K Run which is 1.24 miles)

Practice Schedule:

Day: Tues and Thurs immediately after school – 4:00 pm - pick up at the playground or transfer to ESE.

You must be registered online by 8/24/23 to be eligible to participate in the first practice. Practices can begin the week of 8/28/23)

- Practices are held on school property. Accordingly, all CCS guidelines, as well as the same level of school conduct, will apply and be expected. If this expectation is not met, your child will not be allowed to practice. Please discuss this with your child.
- Practices are conducted outdoors and will be canceled in the event of rain, threatening weather, or air temperatures below 40 degrees. An announcement will be made by noon on the day of practice if there is a cancellation. Please talk to your child about their plan for transportation after school if practice is canceled.
- Also, make sure that your child wears weather and running appropriate clothes and shoes and brings a personal water bottle.
- If your child has asthma, allergies or any other condition that may have bearing on your child's outdoor training, we ask that you bring it to our attention.
- Once your child is registered, you will need to submit a dismissal change through the dismissal manager for each day of practice. Your child MUST be registered to participate.

Parents please pick up your child promptly at **3:45 pm in the south parking lot of the school.**

Contacts:

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