



RISING RUNNERS

2025-26

Philosophy:

Building kids confidence in both mind and body through the movement of body and the practice of endurance and goal setting.

When:

Tuesdays @ 7:30-8:00am

GOALS:

Run as a group = 2500 miles

Improve at each race whether that be running the whole race, a faster pace, or to just feel stronger.

See both the physical and mental benefits to moving our bodies and setting goals.

Supplies:

- Running shoes
- Refillable water bottle
- Comfortable clothes
- Dry shoes for school
- Dry socks for school
- Positive attitude



Drop off at 7:30am on east side of Kansas Street along the grass field



QR for SportsYou App.

SportsYou
App. Access
Code:
TZYZ-FTY9

Communications will be sent through the SportsYou app. ***One parent is required to be connected to the App.*** (Ensure you turn notifications ON so you are kept up-to-date.

Runner's laps will be tracked using the app, Marathon Kids. Parents will have the opportunity to track their runner's mileage on this platform if desired.

GOALS & AWARDS

For every 5 miles achieved,
runners will earn:



MARATHON FINISHER
(26.2 MILES)

CUSTOM T-SHIRT
WITH # OF
MARATHONS
COMPLETED ON
BACK!

Each year different local businesses donate free meals, cookies, etc for the kids as they hitting different milestones. If you own a business or know anyone that would love to donate, please email me or catch me at Rising Runners.

Special Events

(These will be in the SportsYou Calendar also)

Tuesday, September 23rd	Start of Rising Runners	Friday, January 23rd (after school)	1-mile race
Friday, October 17 th	Mt. Sac Cross-country meet	Sunday, January 19 th	Rose Bowl 1/2 Marathon, 5k
Sunday, October 19 th	Mission Inn Run (5k, 10k, 1/2 Marathon)	Friday, February 20 th (after school)	1-mile race
Wednesday, October 29 th	Cross Country Meet @ HOME	Saturday, March 7 th	LA 5K
Wednesday, November 5 th	Cross Country Meet @ Bethel	Friday, March 13 th (after school)	1-mile race
Wednesday, November 12 th	Cross Country Championship @ HOME	Thursday, April 23rd (after school)	1-mile
Thursday, November 27 th	Redlands Turkey Trot (1 mile & 5k)	Saturday, April TBD	Fun Run
Sunday, December 7 th	Holiday Classic (5k, 1/2 Marathon)	Thursday, May 8 th (after school)	Season Celebration
Friday, December 12 th	RR Jingle Bell Relays	<div>While the Cross-Country meets are for our 3rd-5th graders, as those are the grades that other schools will also have represented, it's so great to see all ages out there cheering for their peers. These are great meets for our younger kids to get familiar with and excited about.</div>	

MARATHON KIDS

Link: <https://marathonkids.org/>

Marathon Kids is a non-profit program run by Nike Running that is built on 6 pillars: Goal-setting, Tracking, Modeling, Social Support, Celebrating and Rewarding.

You will have the opportunity to login as a parent and track your runner's progress. Please look for an email that will be sent out from noreply@marathonkids.org

If you did not see this email in your inbox or spam email please email me.

Once you get the email here is a quick video on how to connect:

<https://youtu.be/rIFnRxFPDJA>

Please do not add outside mileage!

RECAP:

Communication: SportsYou App
Runner Tracking: Marathon Kids

Future things to come:

- Cross-Country Races (3 meets)
- Mt. Sac
- Jingle Bell Relay
- And more....

Excited for our 4th year of Rising Runners!!

EAGLES ATHLETIC BOOSTERS

Rising Runners is proudly sponsored by our very generous Eagles Athletic Boosters. If you or someone you know would like to sponsor or make a donation to our [Athletic Boosters](#) please visit the link or email, Booster's President, Kayla Granillo, kgranillo@redlandschristian.org