

Park Dale Lane Elementary (PDL) Running Club

The Encinitas Union School District's program goals for Health and Wellness center on improving students techniques, habits, and training for life-long health and wellness. PDL is in 100% support of these goals and believe that their after school Running Club supports these goals in its entirety. However, PDL needs to secure the success of their Running Club as they are at risk of losing this program if they are unable to solidify a Running Club Lead.

The Running Club's success will mean we are improving the fitness, social, and emotional health of all students that participate. Kids are natural runners, but they require special care at every step of their development. From the right shoes, to the right distance, ensuring kids will remain lifelong runners means support, encouragement, counsel, and attention to possible overuse injuries.

In the past this program has been solely volunteer run, which has it's limitations. The volunteers need guidance and organization to continue and this Running Club Lead will be that. We envision the lead to develop a community program at PDL. Teachers, Parents, and other Community Members will be invited to join in. We believe the Running Program Lead is the best way to make running fun for kids so that it becomes a lifetime activity.

This Lead would:

- ❖ Administer a running curriculum that is safe, grade level, and have an overall positive impact on all children involved
- ❖ Use sites like www.kidsrunning.com and justrun.org to structure the program for success
- ❖ Gain input on incentive programs, fun games, etc from other programs at letsrun.com
- ❖ Create a program that teaches kids how to run safely
- ❖ Educate kids the "right" equipment needed to run injury free
- ❖ Organize participation in the Amanda Post Memorial Track Race
- ❖ Create a website where pics of participants are posted
- ❖ Entertain the idea of entering into a running competition for any student runners interested.

This is an after school enhancement to the development of Running Club. No District funds are required for this addition. All funding will come directly from EEF at PDL and is included in the budget that has been approved by SSC.

PDL PTA and EEF are ready to appoint this Running Club Lead position ASAP.