**(Sample)**

**Running Club FAQS**

**When is Running Club?**  Every morning, Monday through Friday, before school. Running time is from \_\_\_ am to \_\_\_\_ am. Students can start at any time after arriving to school.  Be sure to pack your child a water bottle so they can stay hydrated. We will not run if it is raining or the track/field is too wet.

**How many laps does it take to run 1 mile?** \_\_\_\_ laps around our track equals 1 mile.

**Can parents get involved?**Absolutely! We need 5 parents each day to use the handheld scanners to scan bar codes; no formal commitment is needed, just show up at any time and pick up a scanner.  We also need volunteers to hand out back up cards every day and take orders for new badges.  We will need many parent volunteers for our end of year party.  If you would like to volunteer on a permanent/consistent basis for the year, please contact your Running Club chairpersons.

**Can parents RUN?**We would love it! Come out and get some morning exercise and bonding time with your child. The students love to see adults out there running too.

**What if my child shows up without the badge?** Lap credit can ONLY be tracked with a runner ID bar code. We will have back up cards with a student’s bar code available on site but these are for emergencies ONLY and are not to be used regularly.  **There will not be any manual adjustments made for students who do not receive bar code scans.**

**What if my child loses their original lanyard and badge? Can they just use the back up?**The student will need to purchase a replacement badge and lanyard for $1. Back up badges are for emergencies only.  Students can bring $1 to the track and request a replacement badge, or parents can contact the Running Club chairpersons to order a badge.

**Can my child get mileage credit for races (5K or 10K) done outside of school?**Students can also get running club mileage credit for signing up for school/district sponsored events including the Skechers Pier-to-Pier charity walk.  We will announce those events as needed.