

# RAIL Runners 6th Grade Running Club

Spring 2020

The 6<sup>th</sup> Grade Running Club is a co-ed Running Club specifically geared towards 6<sup>th</sup> graders at AMS. Students of all levels, athletic ability, skill and interest are welcome! The Faculty Advisor for the club is middle school teacher and high school Cross-Country coach Mrs. Christoffel.

The club will run from April 20<sup>th</sup>-May 29<sup>th</sup> on Tuesdays and Thursdays after school until 4:45 pm.

The club will focus on creating an atmosphere where all students will learn to enjoy running, improve their ability to run (farther and/or faster), create a running community and learn other running basics such as proper nutrition, hydration and stretching.

