



# Welcome to the Fall 2015 Season!

## Program Details

Running with the Stars is a running program for boys and girls in grades one through five. This program encourages participants to lead a healthy and active lifestyle. Practices will consist of playing games, discussing healthy lifestyle topics, and preparing for a 5K run that will take place at the end of the season.

## Practices

Practices will be held rain or shine at Round Hill Elementary on **Mondays and Wednesdays from 2:45 PM until 3:45 PM**. They will begin the week of **September 21st** and continue until **December 2nd** (no practice October 12<sup>th</sup>, November 2<sup>nd</sup>, or November 25<sup>th</sup>). If school is cancelled or closes early, we will not meet.

Coaches Kate Doherty, Cindy Patterson and Asst. Coach Chris Largent will be leading the practices. We will be sending an online sign-up email again for all parents who would like to volunteer at practices. We had an EXCELLENT turnout last season and hope to have help again this Fall!

## End-of-Season 5K

The end-of-season 5K fun run will be held **Sunday, December 6th at 8:00AM** in Ashburn. Please mark your calendars as this is a very fun event for the kids. This 5K is non-competitive as our goal is for each child to strive for his/her own personal best.

Please note: Each student participating in the 5K event will require a buddy runner who will stay with him/her during the entire run. Buddy runners must be at least sixteen years of age.

## Cost

The program cost is \$135 and includes the entire fall practice season, one runner tee-shirt, one buddy runner tee-shirt, the end-of-season timed 5K event, a numbered bib for each child running, the end-of-run celebration, and a participation medal.

## Registration

Registration opens **August 31st**. Space is limited so please be sure to **register early**. Registration will continue until **September 18th or until the roster is full**, whichever comes first. Please register online at:

**[www.runningwiththestars.com](http://www.runningwiththestars.com)**

An online registration form can be found on the main page of the website.

## More Information

For general information about Running with the Stars and for updates throughout the season, please visit the Running with the Stars website at **[www.runningwiththestars.com](http://www.runningwiththestars.com)**. You may also add Running with the Stars on Facebook.

For questions specific to Running with the Stars at Mountain View, please contact one of the coaches.

Thank you,

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