



## **2nd Season for AIK RACING TEAM**

**KM CLUB** has been going for 4 seasons October-June. It's time to start up again now that we are back into a school routine. **We have developed a NEW program** I hope will capture our intermediate kids and mentor our already established primary KM CLUB program.

## **The AIK RACING TEAM**

Our new Racing Team is developed to keep kids active and running for life, while mentoring the younger runners to do the same.

## **KM CLUB**

The **AIK RACING TEAM** and the **KM CLUB** will meet once a week in the field behind Pitt Meadows Elementary. The KM CLUB will do their work out/run on the school grounds with parent volunteers keeping track of their total distances.

## **NEW!**

**The AIK RACING TEAM** will have set workouts prepared by Eric & Lorie Muller each week. The AIK RACING TEAM will be lead by adult run leader volunteers each week and will be training off school grounds. The workouts are modified to suit the adolescent runner but will follow the Runners' Den adult program of HILLS-PYRAMIDS-INTERVALS.

## **MENTORING**

I have noticed a significant drop in participation for kids over the age of 10. It is my hope that this trend will change with Mentoring of our younger runners. The KM CLUB kids look up to the intermediate kids in the school just as adult runners look up to Elite athletes in the same sport they are involved in.

There is currently a very high percentage of children in the district that are involved in other extracurricular community activities: Soccer, Dance, Martial Arts to mention a few. These activities require the kids to do some extra training, practice, conditioning on their own.

That is only one reason why this year's running program is great. The other, among many, is that they are helping families battling Cancer through their RACE TEAM through our membership fee of \$50.00 and the KMC weekly donations along with their amazing will to be fit and stay healthy through a regular fitness program.

These two programs will mesh at the beginning of the workout but will go their separate way to train with the exception of a group warm-up within the school grounds.

The KM CLUB KIDS at PME will be placed into warm-up groups with a MENTOR/AIK RACE TEAM member. These MENTORS will see the kids in the halls and on the playground at school and will be encouraged to give a “high five” or just a few inspirational words when they see each other.

One of the coolest things about running is that all ages and abilities can do it together. There are very few sports where you line up to start a race and you have a Professional or Olympic athlete side by side with you, starting and finishing the same distance. Our kids see this when they pass “the big kid” runner, soccer player, hockey player, athlete in the hall way at school. Then show up on RUN DAY and they are befriended/MENTORED by those same “Big Kids”

## “RUN FOR LIFE”

The AIK RACE TEAM will have a membership fee of \$50.00 which will go towards families battling Cancer. This will include:

- AIK RACE TEAM shirt,
- Planned and prepared workouts weekly for approximately 36 weeks
- Opportunity to talk and run with adult/youth elite athletes & coaches
- Opportunities to enter child specific races and fun runs, sponsored swag (free stuff) and
- Best of all stay fit and healthy while supporting families battling Cancer.

The AIK RACE TEAM Program is sponsored by the **Runners' Den Pt. Moody**

As you know, accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student the coaches or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you are accepting the risk of an accident occurring, and agree that the activity, as described above, is suitable for your child.

Inherent risks of this activity may include but are not limited to:

- Running on uneven ground.
- Tripping, falling, and bumping into others.
- Injuries associated with running.

For more specific information on the kinds of possible injuries related to this sport, please speak to your child's coach.

**Kindest Regards,  
Lorie Muller, President / Founder AIK**

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My child, \_\_\_\_\_ has permission to participate with the AIK  
Race Team Mentors

I understand that Athletes in Kind is not a school sponsored event.

Parent/guardian signature \_\_\_\_\_

Email and contact # \_\_\_\_\_

Child's Birth date \_\_\_\_\_

Date signed \_\_\_\_\_