

8 Easy Steps to Start a Running Club:

1. Get support:

Gather support from the PTA/PTO, teachers, school staff, and the principal. Running clubs succeed when teachers, volunteers, and faculty are willing to make the club successful by providing the necessary financial backing, volunteering time, and making the club an important priority.



2. Establish an incentive program:

Children love to run for the pride in competition, but achievement should be celebrated in the form of awards and goals. Here are some suggestions:

- Toe Tags for miles
- Certificates
- Medals
- Trophies
- T-shirts
- Bracelets
- Water bottles
- Class awards such as the “Golden Shoe” for the class with most miles in a month
- Traveling across the USA. Make it a goal for the school to run 3,000 miles

3. Determine the running route:

- Measure the distance around school field or track
- Keep running lanes wide
- Set up a location to count or scan runner laps

4. Determine club meeting time:

- Before or after school
- Snack or lunch recess
- Which days of the week?
- Do grades run together or separately?

5. Establish a Budget

Estimate expense for awards and Stride Track software

6. Fund your program

Present your budget and program plans to the PTA/PTO for funding. If funding is not available from your PTA/PTO, ask local businesses (like sporting goods stores) for support.

7. Build excitement for the program, send out permission slips

- Make announcements over PA system
- Talk about running at assemblies
- Send out permission slips
- Sample permission slip (see page 2)

8. Start running!