

Prairie Ridge Summer Running

(questions: Coach Judd Shutt- jshutt@d155.org, cell:815-347-7010)

Description: The summer running program is a voluntary program designed to encourage PR athletes to develop the strong aerobic base necessary to be successful in athletics, and specifically cross country. Cross country and track team members are strongly encouraged to attend on a routine basis. Running as a group is safer than running alone and group running encourages accountability and team unity.

The athletes organize themselves and are responsible for adhering to safe road run strategies. Coach Shutt will be present intermittently, but for no more than 25 days. Upper classmen will have a list of the anticipated routes and mileage. Athletes are responsible for transportation to and from their departure point, as well as their safety on the roads. Runners should always travel by sidewalk when possible or single-file against traffic when necessary.

The team leaves from the departure point promptly at 7:30 am (note the time change from last year) and are normally done with the entire workout routine by 9 am. Workouts are designed to accommodate athletes of all abilities and fitness levels.

Summer Running Start Date: June 9th

Weekly routine:

M-W-F 7:30am	Meet at Main Beach	Road runs
T-Th 7:30am	Meet at Veterans Acres	Hills, repeats, free runs

Workouts may also include leg work (pilates) and weightlifting, as well as a full stretching routine.

*** The only way to realize your potential and develop the type of team unity that results in team success is by participating in summer running.**

In order to achieve your goals you must:

- 1. run on consecutive days**
- 2. rest**
- 3. hydrate**
- 4. eat well**
- 5. complete strength training and core body exercises**
- 6. work on stretching and flexibility**

Cumulative Mileage:

10 weeks of summer running

Varsity- 450-600 miles

F/S,JV- 250-400 miles

Equipment: athletic apparel, hydration, sunscreen, running shoes

Running shoes: If you used your current running shoes for the entire track season, or longer, it is time for a new pair. Plan to purchase a new pair again at the beginning of the cross country season as well. Running shoes have a lifespan that shouldn't exceed 300 miles and your running shoes must be dedicated to only running.

**In Season start date:
Wed. Aug. 13th, 8am, PR flagpole**

Emergency Form

Athlete's Name: _____

Birth Date: ____ / ____ / ____

Athlete's Address: _____, IL _____

Street City Zip

Mother's Name: _____ Day time phone: _____

Father's Name: _____ Day time phone: _____

Email Address: _____ Allergies: _____

Incase of an emergency, whom shall we call if the parents cannot be contacted? (Day time phone).

Contact's Name: _____ Day time phone: _____

Contact's Name: _____ Day time phone: _____

In the event of an emergency, if you or your contacts cannot be reached, and in the judgment of school authorities medical attention is necessary, do you authorize school authorities to seek emergency services for your child? ____ Yes ____ No _____

Parent Signature _____