

GTC Strides!—Encourages Participation in Races

- **October Spinx Run Fest**
 - Kids Marathon Program
 - Cool Fit Program
- **January Greenville News Run Downtown**
 - Fits Cool Challenge
 - Fun Run
- **March Reedy River Run**
 - Fits Cool Challenge
 - Fun Run
- **April Greer Earth Day Run**
 - Kids Marathon
 - Kids Fun Run
- **June Sunrise Run**
 - Kids Fun Run
- **June/July Run In All Comers Track Meets**
 - Nine events of various distances
- **July Red, White & Blue Shoes 5k**

GTC Strides!—Contact Information

- **Heather Peters Administration**
hpeters@emediagrps.com
232-4604
- **Athena Hortis Elementary Schools**
ahortis@greenville.k12.sc.us
230-8889
- **Jennifer James Middle Schools**
Jenniferjames2002@Yahoo.com
294-0687
- **www.GreenvilleTrackClub.com**

GTC Strides!

A Youth Running Program
Presented by the Greenville Track Club



GTC Strides!—About the GTC!



Founded in 1972, the Greenville Track Club is the largest and 2nd oldest running club in South Carolina and one of the fastest growing clubs in the Southeast! The nearly 1,000 members consist of people of every ability level and age group from walkers to premier runners and track athletes. The common thread among the members is a desire to stay fit, enjoy the fellowship of other members and have fun while “doing their thing!” It is the goal of the GTC to provide the walking, running and fitness community with a schedule of top quality events in which they can reach life enrichment goals through participation and/or volunteering. Visit us on line at www.GreenvilleTrackClub.com.

GTC Strides!—Helping Children Stay Active!

The Greenville Track Club would like to help your school create a year round running and wellness program. Our youth running program called **Strides**, is designed to help elementary and middle school children establish lifelong fitness habits. Together we can develop and facilitate a program that promotes self-improvement, training and running technique, and also demonstrates how to make running fun. The emphasis of this program is on participation and developing a healthy lifestyle as opposed to being a competitive running program. We hope you will join other Greenville County Schools and begin a 'Mileage Club' running program. Together we can help kids improve their lives by exercising and staying healthy.

GTC Strides!—School & Community Working Together!

- Help school staff and parents coordinate a quality running *Mileage Club* at their school.
- Provide a GTC Volunteer to assist the Mileage Club Coordinator.
- Prepare students to run a Kids Marathon on October 31, 2009 at the Spinx Run Fest and/or at the Greer Earth Day Run in April 2010.
- Recruit GTC members to become involved in helping participants of the Mileage Club.
- Encourage parents to become involved in the Mileage Club.
- Encourage Mileage Club members to participate in other GTC racing events.

GTC Strides!—Together We Can Get Our Children Running...Moving...and Fit!

Students meet at the school track before school two mornings a week and try to accumulate as many miles as possible. GTC will help to measure track, if needed. A teacher or parent is needed to facilitate the program. GTC volunteers will also assist in the beginning of the program to help pace and track miles. Popsicle type sticks can be handed out by parents or helpers to keep track of laps. Pacing signs can be used to encourage a faster pace. After the 25-30 minutes of running, students meet to record miles in a running log. Simple rewards can be given out as incentives to keep children working on their fitness. A pencil is awarded after completing 5 miles, necklace and medal for 10 miles and so on. The Greenville Track Club, along with area sponsors will help with some expenses.

Kids Marathon Students are challenged to walk, jog or run 25 miles over an 8 week period prior to the KM event. Participants are required to log their mileage follow following workouts at school and/or at home. Mileage logged must be validated by a Mileage Club facilitator and/or a parent. The student then registers for the event and runs 1.2 miles at the event and receives a medallion, certificate of achievement and of course lots of recognition/praise lookers-on, parents and other friends! GTC Volunteers are available to assist the In School Coordinator in getting students through the training required to go from some or no running to being able to complete the 1.2 mile run at the event.

Fits Cool Challenge Mileage Club participants are invited to participate in a 5k road race presented by the GTC in four of its current races. Each elementary or middle school competes for the most students, teachers and parents registered or finishers in the event in order to win cash prizes for the schools PTA. Other races within the event may also qualify such as Fun Runs, etc.

Fun Runs Anyone in the school are encouraged to participate in these runs that are usually a mile distance and are presented in most of the GTC events.

Run In All Comers Track Meets This family friendly event is scheduled on seven Tuesday evenings at the Furman University track in June & July and includes a variety of racing distances from 50 meters to 3200 meters.

Red, White & Blue Shoes 5K A NEW event partners GTC and Furman University for the Blue Shoes Mile. Race is scheduled for July 4, 2010.

