This is a learning based activity vs *performance based. There is no set time a student needs to get. They are expected to do their best. The focus is on the process: how to train, training/practice, goal setting, value of wellness and doing your best. This is why it is called Popsicle Run and not Popsicle Race.

*Performance based would mean that the student needs to achieve a certain time to get a grade or score.

<table>
<thead>
<tr>
<th>Popsicle Run</th>
<th>Different courses for each age group.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade</td>
<td>Distance</td>
</tr>
<tr>
<td>-------</td>
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</tr>
<tr>
<td>Grade KG-1</td>
<td>½ mile (2 laps)</td>
</tr>
<tr>
<td>Grade 2</td>
<td>2/3 mile (2 laps)</td>
</tr>
<tr>
<td>Grade 3</td>
<td>1 mile (2 laps)</td>
</tr>
<tr>
<td>Grade 4-8</td>
<td>1, 1.5 or 2 miles (2-4 laps)</td>
</tr>
</tbody>
</table>

Grades K-3: a timer will be running but we will not record times.
Grades 4-8: have an option of running 1, 1.5 or 2 miles (students get to choose their distance). Score will be recorded to teach goal setting.

**Training Tips for the Popsicle Run**
- Practice, practice, practice. You have to use your muscles to build muscle.
- Take care of your feet. Have a good pair of running shoes.
- Good nutrition and rest. Eat healthy foods and get plenty of sleep.
- Set a goal. Pick your training days and how far you want to run.
- Good attitude. Have a positive attitude. You can do it.

**Pre-race Day Tips**
- Be prepared: shoes, clothing, water bottle and a positive attitude.
- Early to bed the night before.
- Healthy breakfast: high in protein, low in sugar.

**Popsicle Run Tips**
- Do your best. Know your goal.
- Stay on trail.
- Cheer on your classmates.
- Finish strong.