



May

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.

Popsicle Run	
Different courses for each age group.	
Grade	Distance
Grade KG-1	½ mile (2 laps)
Grade 2	2/3 mile (2 laps)
Grade 3	1 mile (2 laps)
Grade 4-8	1, 1.5 or 2 miles (2-4 laps)



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.