

WFES PTA

RWTS! Running with the Stars **www.runningwiththestars.com**

Welcome to the 2012 Spring Season of Running with the Stars!

This running program for first through sixth grade boys and girls encourages participants to lead a healthy and active lifestyle. During the practices we will play games, discuss healthy lifestyle topics, and prepare for our end of season 5K run. The 5K is non-competitive. Our goal is for each child to strive for their own personal best.

Practice will be held twice per week on Tuesdays and Thursdays from 3:20pm to 4:20pm, rain or shine.

Practices are held behind the school and on school grounds. Please meet us at the flagpole at the front of the school at 4:20pm for dismissal. In the case of bad weather, we will be meeting inside and you can pick up your child at the gym. If school is canceled, or closes early, we will not meet.

I will be head coach and am in search of parents to take turns helping at practices. Please contact me directly if you need more information: reachraquel@gmail.com or (202)413-6452. My background is in Health & Fitness and I am currently a group fitness instructor for Sport & Health Clubs and a parent of a 3rd and 5th grade boys.

Practices start the week of February 28th, 2012 and continue until May 17th, 2012.

The end of season 5K fun run will be held Sunday, May 20th at 8:00AM at the National Conference Center in Landsdowne. Please mark your calendars, as this is a very fun event for the kids. A buddy runner is required for each student participating in the 5K event.

For information and updates throughout the season, go to our website www.runningwiththestars.com, "like" Running with the Stars on Facebook, or the coach Raquel Bishop ReachRWTS@Gmail.com. All forms are available online.

The program cost is \$125 and includes 12 weeks of practice, one runner tee-shirt, one buddy runner tee-shirt, timed 5K event, numbered bib for each child running, end of run celebration, and a participation medal.

Please fill out and return the registration forms by Friday, February 17th. Checks should be made payable to Running with the Stars.

Thank You,

Raquel Bishop
ReachRWTS@Gmail.com
Home: (703)426-4985
Cell: (202)413-6452