

# Bellin Kids Running Club Parent FAQ

**Q: Who are the running coaches?**

A: Mrs. Lynn, Mrs. Neuens, and Ms. Ford plus lots of volunteers

**Q: What is the running schedule?**

A: We will run Mondays, Tuesdays, and Thursdays starting on April 21, 2025

All training information can be found on the school website [www.wdpsd.com](http://www.wdpsd.com) - Hemlock Creek

**Q: Can my child train but not run on race day?**

A: Yes

**Q: Can my child only train one day per week?**

A: No. We understand that things come up, but we ask that students who commit to running club be there every day they can. If you may miss one day a week because of other commitments, we ask that you run that same distance on another day so that your student has the same preparation.

**Q: What is the goal of this program?**

A: Simply to get kids excited about running and a healthy lifestyle. We encourage parents to join us and help build a community of runners.

**Q: What is required on training days?**

- A signed permission slip, tennis shoes, appropriate athletic clothing for the weather, and regular attendance.
- Students will be dismissed each day and sent to change their clothing and gather for a quick warm-up in the gym. Your student will sign in and out each day with a coach.
- We expect students to be respectful of adults, peers, and property. There will be plenty of adults to monitor inside and out. We will speak to students on a case-by-case basis, but if poor behavior persists, we reserve the right to ask the student not to return.

**Q: Where do I pick my student up? What time?**

A: At the front of the school. Most runs will be done by 4:15, while the 3-mile days may take until 4:30. The pick-up times on the training schedule are approximate. Assume your child will be done before that time. Please pick up BY that time.

**Q: What if my student mostly walks?**

A: We will encourage all students to run and walk. They need to be done by the pick-up time. That may mean they end a run early, not running an additional loop to finish.

**Q: Can younger siblings run?**

A: Yes, the more, the merrier. Younger siblings must run with a parent, though.

**Q: What if someone other than a parent needs to pick up? What if they want to walk home?**

A: The same applies for school - we need a note and for your child to be aware of who is picking them up. If they are going to walk home, we need to know ahead of time.

**Q: What if there is bad weather?**

A: If it's raining, we still run! If there is thunder or lightning, the running club will be canceled. If this happens, an announcement will be made before school ends that students should take the bus home. If they are a pick up, they may need to call home to let you know.

**Q: Race day questions:**

A: Visit <https://www.bellinrun.com>

**Q: Where can I meet the other HC kids on race day?**

A: Volunteers, parents, and running coaches will be gathered near the port-a-potties. Look for the GIANT WDP sign on a stick. More information will go out to runners in May. We may have special t-shirts or sweatbands to identify HC kiddos - stay tuned!

**Q: Can my child run the race by themselves?**

A: Yes, but it's always better to run with a friend!