

JOIN THE LMC SUMMER RUNNING CLUB!

PK3 - 12th Grade!

*Fun for the
whole family!*



Walkers Welcome!

*Stay fit this
summer!*

LAKERS

Open to all LMC Students, Parents, Alumni, Faculty, & Staff

When: **June 12th – August 20th**

Where: **EVERYWHERE! We're a virtual club.**

Cost: **FREE!**

Registration is now open!

Sign-up at

<https://tinyurl.com/2017SRC-SignUp>



What is it?

The LMC Summer Running Club (SRC) is a virtual running group for the students, parents, alumni, faculty, and staff at Lake Michigan Catholic.

What if I'm not a runner?

Walkers are welcome too!

How does it work?

Record the number of miles you run/walk during the week (Monday-Sunday). At the end of the week, submit your logged miles online at

<https://tinyurl.com/2017SRC-LOG>.

Each week the SRC Board will publish a newsletter with features such as favorite local running routes, suggested music for running playlists, running tips, and upcoming races/running events in the area. The weekly newsletter will also include *Top Ten* lists for the most miles completed in each age/gender group for that week, as well as running *Leader Boards* of cumulative miles completed for each of the groups.

How do I join the SRC?

Registration for the summer is now open! Sign-up at <https://tinyurl.com/2017SRC-SignUp>

When do we start?

The SRC will run June 12th through August 20th.

When and where do we meet?

The SRC is a virtual group; no set meeting times or locations. LMC has a broad footprint and the Laker families typically have very busy schedules, making meeting in person over the summer difficult. Having a club that interacts online versus one that meets regularly at a set time/location makes the group more accessible to more of the Laker community.

How do I track miles?

There are several ways to track your miles:

- Activity trackers (FitBit, Misfit, Garmin, etc)
- Smartphone Apps (Nike Running, etc).
- Treadmills & elliptical machines.
- Use a route of known distance.
 - Go to a high school or middle school track.
A standard track is 400 meters; every four laps equals 1600 meters, or about 1 mile.
 - State parks and hiking trails are often pre-measured.
 - Drive your route in your car, using the odometer to measure the distance.
 - Use Google Earth (free download).
Trace your route, then click on *properties* to measure it.

How far do SRC members go?

In the summer of 2016, some members ran a little and others ran a lot. As a group, SRC members logged 2,936.77 miles!

My activity tracker logs the total number of miles I cover in a single day. Should I just use that for the SRC?

Activity trackers are very helpful fitness tools, but for the SRC you only want to include miles accumulated when you "go for a run" or "go for a walk;" periods with elevated cardiovascular activity. Distances covered in daily life, such as walking from the couch to the Xbox, should be omitted from your weekly total.

Within the SRC, are there mini-challenges?

If you want to -- Have fun with it!

- Challenge yourself: *each week, see if you can go a little farther than you did the previous week.*
- Challenge your friends: *a little friendly competition can be a good thing if it gets everyone off their rear-ends and out enjoying our beautiful Michigan summers!*
- Challenge your kids, siblings, or parents: *put family bragging rights on the line!*
- Join the Century Club: *tally 100+ miles this summer!*
- Join the 500 Club: *tally 500+ miles this summer!*
- Win your group: *log more miles than everyone else in your age/gender group!*

What are the age groups?

We will have male and female categories for each of the following groups:

- Little Lakers (PK3-TK)
- Lower Elementary (KG-2nd grade)
- Upper Elementary (3rd-5th grade)
- Middle School (6th-8th grade)
- High School (9th-12th grade)
- Super Lakers (LMC Parents/Guardians, Grandparents, Alumni, & Faculty/Staff)
 - Blue Division: 18-34
 - Gold Division: 35-50
 - White Division: 51-∞

Who is running the club?

SRC Executive Board oversees the club. The Board is a group of dedicated Varsity-level runners and Coach Tomasi (LMC's Varsity Cross Country/Middle School Cross Country/Varsity Track coach).

Do I need to be on the track or cross country teams to participate?

Absolutely not! The summer running club is independent of LMC's varsity and middle school athletic teams.

If I plan on joining the track or cross country teams, am I required to participate?

Absolutely not! While logging miles over the summer would certainly help with your general health and conditioning, it is not a prerequisite for T&F or XC.

Where can I get more information?

Email Coach Tomasi at mtomasi@lmclakers.org