

NORTH BEACH CROSS-COUNTRY TEAM PRESENTS:

**FREE**

# ELEMENTARY FUN RUN



**MAY 31ST**  
SATURDAY



**11:00**  
AM

Join us for a 1.5 mile run or walk at North Beach Junior/Senior High School! There will be participation ribbons, awards for top finishers, raffle tickets, and free T-shirts for participants!

**GRADES 4TH -6TH**  
**11:00AM**



**COMMUNITY RUN**  
**(1ST GRADE - AGE 100)**  
**11:30AM**

**Register Now**

[www.northbeachfunrun.yolasite.com](http://www.northbeachfunrun.yolasite.com)

# CROSS-COUNTRY FUN RUN

Hello! My Name is Chelsea Frank and my husband Kyle and I coach the Junior and Senior High School Cross-Country team at North Beach. We enjoyed our years as students in the program, and now it's our turn to continue sharing the joys of running with the students in our community! We have had quite a successful couple of years. Last season we took 5 runners to state and enjoyed our first-ever overnight experience with the team at Camp Rilea in Seaside, Oregon. Kids splashed through mud pits and raced with thousands of competitors from over 25 schools. It was a blast! We've created a "100 Mile Running Club" where community members, students, and staff are encouraged to track 100 miles of intentional walking or running from June 18th - September 30th. At less than 1 mile a day, it's a worthy but achievable goal. Those that track miles receive a shirt. Anyone is welcome to join (<https://www.facebook.com/groups/117225408047073/>). We've also added our first annual Summer's End Fun Run as a fundraiser and it was such a hit, we're doing it again on the last weekend in August. This race is open to all, and we'd love to see it grow, so we hope to see you there.



As Alumni and parents to 4 kids in the district, we notice younger students lack opportunities to participate in sports. Team sports are costly and require transportation many families cannot provide. We love that Mrs. Opel and Mrs. Vicente at OSE and PBE have taken charge of the youth sports program to offer students a change to play on organized teams. Just recently, we hosted a co-ed wrestling tournament which was the biggest, yet! Our Girls Volleyball Tournament 2 months ago represented Queets, Lake Quinalt, Pacific Beach, Taholah, and Ocean Shores packed the gym and played hard. I appreciate all the staff and community members from each of the 5 schools who donated their time to make these events possible.



The sport of Cross-Country needs more recognition today as many teams have dwindled or vanished over the last few years. Our goal is to spark an interest in the sport of running in the community. We are excited to invite you to join in our first ever North Beach Mile Fun Run. On Saturday, May 31<sup>st</sup>, runners from Ocean Shores, Pacific Beach, Taholah, Queets, and Lake Quinault are invited to compete in this 1.5 mile race at North Beach High School.

Grades 4th -6th will all run together in a timed race at 11:00AM. Parents will be able to see the race from many places, the best visibility will be in the stands. After this race concludes, we will have an open race where younger athletes Grades K - 3 are encouraged to participate at 11:30. Guardians and family members of students are encouraged to join in as well and walking is allowed.

All participants young and old earn a free shirt, and the top runners for genders and grade levels will be awarded ribbons. For schools with 5 or more runners per gender, we will also award the top school a cross-country trophy. All students will also receive a free water bottle when they sign up through their school. Raffle tickets and snacks will be sold as a fundraiser for the Cross-Country program at the event and water and a small snack will be available for participants.

Each school can have as much practice time as they would like, or choose to make it available to students without hosting any practices at all. While I cannot be available to coach students due to conflicting after school youth sports events, I have provided everything needed to make a successful training program if you choose to host a few after school practices or incorporate practices into your school day. They are simple and easy to follow print out forms and exercises that will take an hour or so each day. I would recommend 3-4 practices a week for 2 weeks leading up to the event. These can be directed by anyone- you don't need to be an expert. The after school program would best serve students in 3rd - 6th grades. Younger athletes would be encouraged to train with a parent and compete on race day in the open race. I know this overlaps with other sports programs. It is my hope that the other athletic programs encourage their athletes to sign up for this race.

Please reach out with questions, suggestions and an RSVP! I'm excited to make this event happen. 360-909-2845, chelsea-frank@hotmail.com - Chelsea Frank





## North Beach Cross-Country Warm-Ups and Stretches

### WARM UP

Aim for 5 minutes of moving at a steady pace without stopping or slowing.

### DYNAMIC MOVEMENTS

- Walking High Knees
- Grave Diggers
- Frankenstein
- Walking Deep Lunges
- Walking Alternate Groin
- In / Out Hip Flexors
- Ankle Flips
- Running Butt Kicks
- Running High Knees
- Heel Walks
- Toe Walks
- Carioca Both Ways
- Regular Skipping
- Power Skipping
- Eagles Both Ways
- Backpedal
- Hot Fire
- Bounds
- Stride Outs
- Build Ups
- Sprint Starts

### DYNAMIC STRETCHES

- Leg Swings
- Cherry Pickers
- Squat Jacks

### STATIC STRETCHES

#### STANDING

- Groin Plus Arm Crosses
- Calf Plus Arm Across
- Ankle Rolls
- Right Over Left
- Down the Middle
- Achilles Stretch
- Quad Stretch
- Hip Flexor

#### ON THE GROUND

- Thread the Needle
- Beauty Queen
- Butterfly
- Seated Hamstrings
- Knee to Chest
- T-Stretch
- 10 crunches
- 10 push ups

# LET'S LEARN ABOUT RUNNING!

## LET'S HAVE A CONVERSATION: WHAT DO YOU KNOW ABOUT RUNNING?

Have you seen races on television like the Olympic Games? Do you have an aunt or uncle that runs races? Have you competed in races yourself?

### WHY RUNNING?

- Running is accessible.** Running requires no special equipment. There are safe places to run across the world.
- Running is for every age and every ability.** You don't need classes, training, or a group of athletes to run. All you need is some motivation and hard work.
- Running is healthy.** Running improves your heart, muscles, bones, lungs, and entire body. Running Helps you live longer!



### TODAY WE'RE GOING TO LEARN RUNNING CONCEPTS:



- \* Walking** – Moving forward at any pace where one foot is always on the ground
- \* Running** – When both feet leave the ground during a swift forward stride
- \* Jogging** – Running at a comfortable pace that can be held
- \* Sprinting** – Running as fast as possible

Now, let's show what we know by doing these activities together!

## 1, 2, 3... LET'S GO!

# ARE WE READY TO RUN A RACE?



## 1 GEAR UP!

To get the most benefits out of running, the right gear is crucial. Fortunately, very little equipment is required for running. A nice pair of athletic shoes (not basketball), socks, some comfortable athletic shorts or pants, a t-shirt, a jacket, and a water bottle is all you will need to succeed in our program. We can even help provide this for you if you reach out to:  
Chelsea Frank @ 360-909-2845



## 2 WARM UP

Good running starts with a warm up! This prepares you to run your best. Warming up helps your body adjust to performance level before a race. Cooling down is also important so that your body heart rate and blood pressure return to resting levels.

## 3 STRETCH & COOL DOWN

Make sure to warm up before stretching! Your muscles should be warm and relaxed. Without cooling down, muscles can get stiff and sore which will make it harder to stretch and perform the next time you run. Stretch after a race to prevent muscles from becoming stiff.



**"INVESTING IN PROPER GEAR NOT ONLY ENHANCES PERFORMANCE BUT ALSO PREVENTS INJURIES."**

# ARE WE READY TO RUN A RACE?



## 4 PACE YOURSELF

One of the most challenging parts of elementary racing is learning to slow down to a pace that can be maintained for the entire duration of a race. Remember the story of the Tortoise and the Hare. Slow and steady wins the race!

## 5 TAKE CARE OF YOUR BODY

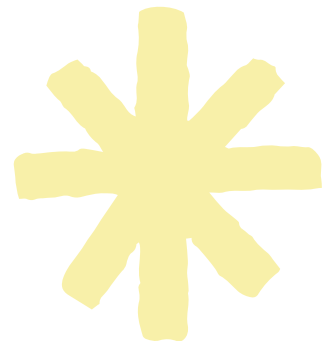
To perform at your best, it's not just about what happens on race day. Make sure you get enough **SLEEP, HYDRATION** (stick with mostly water!), and **NUTRITION** every day.

"DON'T GET  
CAUGHT UP  
RUNNING  
SOMEONE  
ELSE'S RACE"

## 6 RUN YOUR OWN RACE

Don't get caught up running someone else's race. It is tempting to want to compete with others, but the best practice is to focus on your own goals and pace. Chasing a competitor may lead to burnout and will make you lose sight of your own journey. This isn't always easy. If you are feeling stressed or weak, remember to have fun.

# LET'S STRETCH!



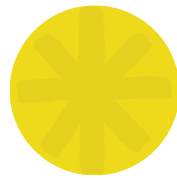
## WHY IS STRETCHING IMPORTANT?

The **MAYO Clinic** says:

- Stretching improves flexibility and increases the range of motion
- Stretching improves circulation and blood flow
- Stretching can improve posture
- Stretching can make us feel better and relieve stress

## HOW SHOULD WE STRETCH?

- Always warm up muscles before stretching and avoid stretching cold muscles
- Avoid bouncing motions for static stretches and hold for 30 seconds to 1 minute
- Stretching may feel a bit uncomfortable but should not hurt
- Remember to breathe and relax during stretches and avoid holding your breath



## STATIC STRETCH

Static stretching is holding a position for 30 to 60 seconds without moving to improve flexibility and mobility. Examples include quadriceps stretch or hamstring stretch (Pictured)



## DYNAMIC STRETCH

Dynamic stretching is best done before working out. These involve movements to help your muscles warm up and go through a range of motion. Examples include cherry pickers, alternating toe touches (Pictured) or running high knees.



# LET'S FIND OUT WHAT WE ARE MADE OF!

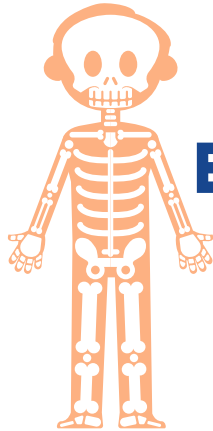
Running is a great way to find out what we are made of! Along with achieving goals and improving strength, flexibility, mental focus, and endurance, we can learn about hard work, commitment, integrity, and perseverance.

Today, we're going to dive deeper into ourselves and see what we are made of from a physical perspective. Our anatomy is what our bodies are made from.



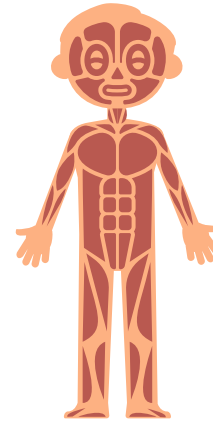
## SKIN

Our body's largest organ is our skin. This protects our body, sweats to cool us down and helps maintain our temperature



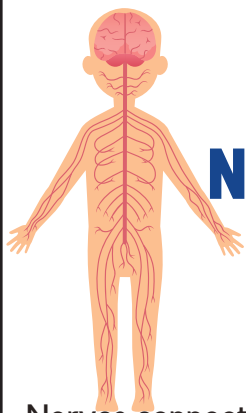
## BONES (JOINT)

Bones make up the skeleton. The skeleton is what prevents us from being a pile of mush! It allows us to stand. Some bones protect organs like ribs. A joint is where two bones meet (knee)



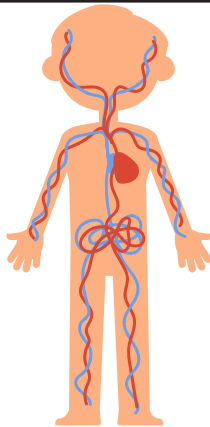
## MUSCLES (TENDONS)

Muscles are bundles of tissue that connect parts of the body to allow movement. Tendons connect the muscles to bones.



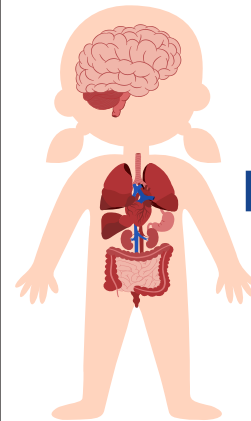
## NERVES

Nerves connect the brain to all parts of the body so that our brain can send signals for us to feel (sensory nerves) and move (motor nerves)



## BLOOD

Blood travels from arteries away from the heart and in veins back to the heart and is known as the circulatory system. This system gives nutrients to our organs, bones, muscles, and tendons and removes waste.



## ORGANS

Organs are groups of specialized tissues that have very specific jobs! Lungs breathe (exchange oxygen for carbon dioxide), the heart pumps blood throughout the body, the stomach processes food, etc.



# \* S.M.A.R.T. GOALS! \*

## WHAT IS A S.M.A.R.T GOAL?

SMART is an acronym that helps to remember the building blocks for creating effective goals. It stands for Specific, Measurable, Achievable, Relevant, and Time-Bound.

### **S**pecific

Provide clear details that are easy to understand. Avoid generality.

### **M**easurable

Define how you will know you have achieved your goal and what tools you will use to mark your progress. What time, distance, etc.

### **A**chievable

Set a goal that is challenging! Where do you think you can be if you try your best? The goal should also be realistic.

### **R**elevant

Is this goal important to you? Make a goal that is important to you and aligned with your life.

### **T**ime-bound

How can you know you've achieved a goal? Create a deadline! A day can help you mark progress, even if you aren't sure you've succeeded

**WHAT ARE YOUR GOALS,  
AND HOW CAN WE HELP YOU ACHIEVE THEM?**

# S.M.A.R.T. GOALS SETTING

NAME:

DATE:

My Goal is:

Action Steps:

Find Your "WHY":

End DATE:

Your S.M.A.R.T. Goal should include a: **WHO** (You. Only you can set a goal for yourself!) **WHAT** (your goal), **WHEN** (A time in the near future) **WHERE** (Think of a specific place to conclude your goal), and know your **WHY**: Why is this important to you?

# ROAD SAFETY

## STAY ALERT!

- Avoid wearing headphones
- Avoid using electronics / phones
- Be Pro-active and assume cars can't see you



## BE SEEN

- Run in well-lit locations
- Avoid running when it is dark
- Cross at crosswalks and intersections
- Wear bright or reflective gear and use a flashlight or headlamp in low light

## PLAN FOR SAFETY

- Run in pairs when possible
- Run in lower traffic areas
- Use sidewalks when possible
- Always follow traffic laws
- Tell someone where you are going and when you should return

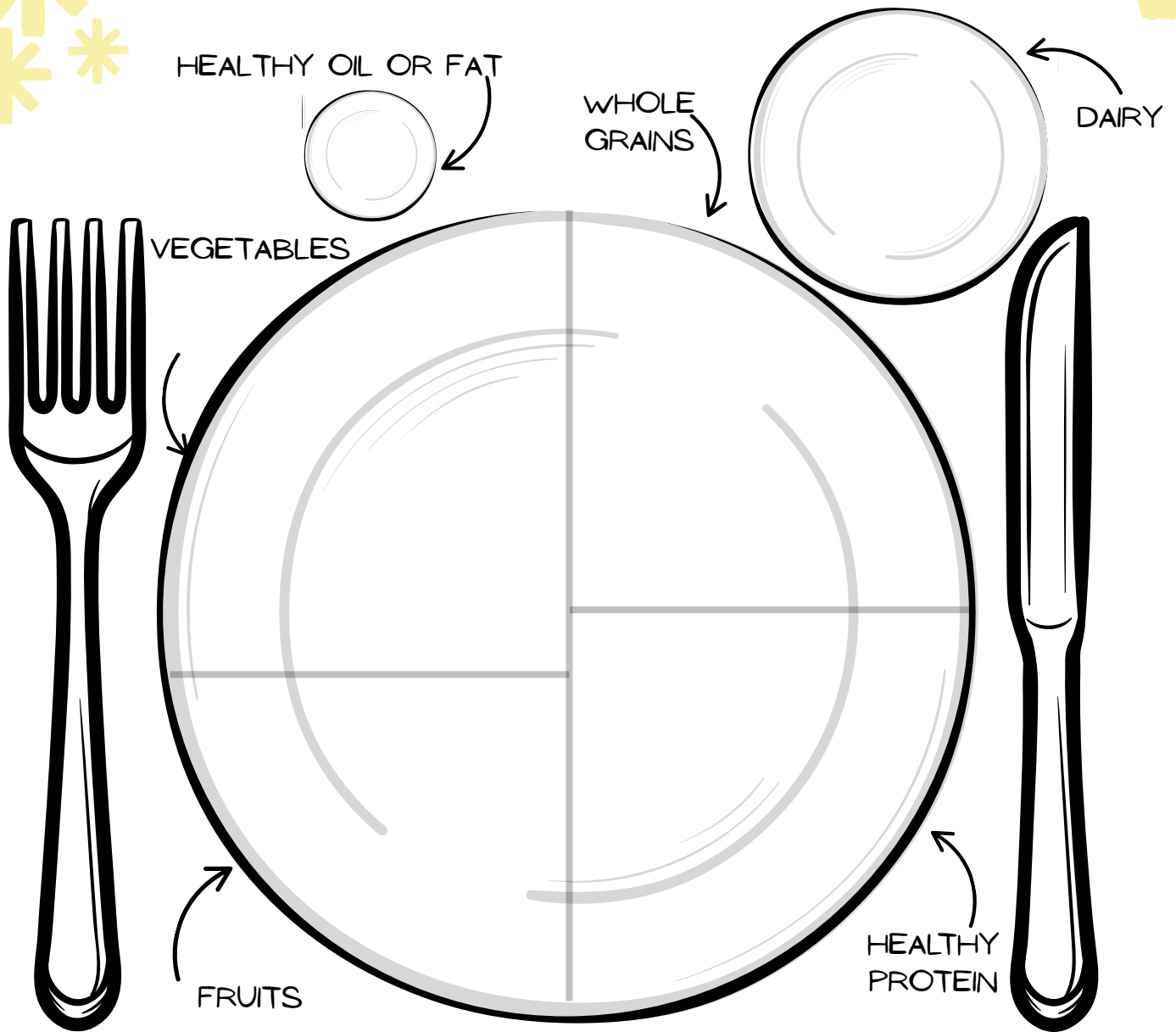


## KNOW YOUR BODY

- Make sure you are hydrated
- Make sure you give yourself time to finish before dark
- Do you have the physical ability to finish the run you set out for?
- Do you have proper clothing for weather and well-fitting shoes?



# WHAT'S ON YOUR PLATE?



## NOW, CREATE YOUR PERFECT MEAL

According to the WHO (World Health Organization):

- It is best to eat a variety of foods from all food groups.
  - Fruits, vegetables, beans, nuts, and whole grains are great!
- Food is the energy we burn every day, and the amount of energy we eat should match the amount of energy we use every day.
  - The more you move, the more energy you burn.
  - The less you move, the less energy you burn.
- It's nice to have an idea of what our plates SHOULD look like, but remember, there's always a little room for treats!

# WEEK 1

## DAY

1

Go over "LET'S LEARN ABOUT RUNNING" sheet  
Follow the North Beach Cross-Country Warm-Ups and Stretches Sheet:  
5 Minutes warm up (which will include walking for most kids)  
Dynamic Movements, Dynamic Stretches, Static Stretches  
**WORK OUT:** Today, this is it! Just getting through the warm up sheet  
Play a round of Sharks and Minnows if there is time

## DAY

2

Go over "ARE WE READY TO RUN A RACE?" sheets  
Follow the North Beach Cross-Country Warm-Ups and Stretches Sheet:  
5 Minute Jog, Dynamic Movements, Dynamic Stretches, Static Stretches  
**WORK OUT:** Learn how to pace! Run 3:00, Walk for 1:00  
Focus on maintaining a steady pace for the 3 minute segments.  
Aim for 4 or 5 sessions (16 - 20 minutes)

## DAY

3

Go over "LET'S STRETCH" sheet  
Follow the North Beach Cross-Country Warm-Ups and Stretches Sheet:  
5 Minute Jog, Dynamic Movements, Dynamic Stretches, Static Stretches  
**WORK OUT:** Work in partners. One partner runs for 3 min around a small cone area while the other completes 10 push ups, 10 sit ups, and 10 jumping jacks and rests and cheers for partner. Complete 3-4 cycles

## DAY

4

Go over "ROAD SAFETY" sheet  
Follow the North Beach Cross-Country Warm-Ups and Stretches Sheet:  
5 Minute Jog, Dynamic Movements, Dynamic Stretches, Static Stretches  
**WORK OUT:** Do a ladder workout. Set up cones around a large area.  
Complete 1 lap, rest for 2 min. Complete 2 laps, then rest for 2 minutes.  
Complete 3 laps, then rest for 2 minutes. Then 2 laps, then 1 lap.

Over the weekend, aim for one or two extra workouts. Follow the North Beach Cross-Country Warm-Ups and Stretches Sheet: 5 Minute Jog, Dynamic Movements, Dynamic Stretches, Static Stretches. **WORK OUT:** 15 - 20 minutes slow jog

**INHALE YOUR DREAMS.... EXHALE YOUR FEARS.**

# WEEK 2

## DAY

1

Complete the "SMART GOAL" worksheet together  
Follow the North Beach Cross-Country Warm-Ups and Stretches Sheet:  
5 Minute Jog, Dynamic Movements, Dynamic Stretches, Static Stretches

**WORK OUT:** Learn how to pace! Run 3:00, Walk for 1:00  
Focus on maintaining a steady pace for the 3 minute segments.  
Aim for 5 sessions (20 minutes)

## DAY

2

Go over "SMART GOAL SETTING" sheets  
Normal warm up routine. **WORK OUT:** Get into groups of 2 - 4. Relay 1:  
Something requiring a balance of speed and skill (Like balancing plastic egg  
on a spoon where if you drop you start over, or filling a bucket with water at  
one end to see who fills the fastest). Relay 2: Medley Relay. Runners run  
different distances. First runs a 100M, 2<sup>nd</sup> runs a 200M, 3<sup>rd</sup> runs a 400M,  
etc. After relays, run for 10 minutes aiming at consistent pace

## DAY

3

Go over "WHAT'S ON YOUR PALTE?"  
Normal warm up routine. **WORK OUT:** Let's test our progress! Today, kids  
will run a 1.5 mile distance. This will be race distance. End with silly relay  
races over a short distance: linking arms, crab walk, hopping on one foot,  
etc.

## DAY

4

Go over "LET'S FIND OUT WHAT WE ARE MADE OF"  
Normal warm up routine. **WORK OUT:** Tempo Run 15 min: Run around a  
course created by cones in a field within site of coach. Coach blows the  
whistle to change speeds. One whistle: Slow (walking for those who need),  
two whistles, fast, three whistles, race pace, (or even throw in 4 whistles  
for all out sprinting). Then play Red Light, Green Light or have a skill relay

Get ready for race day! Get good rest, hydrate, and be proud of all you have  
accomplished over the last 2 weeks. You have already proven you are ready for a race.

**INHALE YOUR DREAMS.... EXHALE YOUR FEARS.**