

# Powerful Runners Spring 2023, 13<sup>th</sup> season

**What:** A running club with a threefold purpose: 1) grow as a runner 2) grow as a follower of Jesus Christ 3) serve our community.

**When:** Mondays and Wednesdays from 4-5:30 pm **March 22- May 22, 2023**

**Where:** Tusculum Park unless weather is too cold or wet then we meet at Towering Oaks Christian School

**Who:** kids in 4<sup>th</sup>-12<sup>th</sup> grade who either love running or want to give it a try

**Cost:** No fee, but each runner is required to purchase a Powerful Runners T-shirt (~\$20). Each runner is also strongly encouraged to run at least one of the races we will participate in as a group.

**Contact:** [PRGreeneville@gmail.com](mailto:PRGreeneville@gmail.com) or call 770-815-7727 for more information

**First meeting and brief parents meeting:** Wednesday, March 22, 4pm Tusculum Park

## How the club works:

Each meeting begins with our workout which includes a warm up, a run, some strength exercises and stretching. After the workout we end with a devotional. The Bible time is meant to help the runners grow in their relationships with God while the exercise time is meant to train the runners to be able to run a 5K or improve their 5K time. There will be opportunities to serve our local community throughout the season. This season we will focus on helping at the Hope Center and on raising money to help get a cross country team started at Towering Oaks Christian School. More information to come about the details.

## Communication

The main way we communicate is through the app GroupMe. It is necessary for you to sign up. Once you fill out your runner's information sheet, I will send a text with a link to join the Powerful Runners text stream in GroupMe.

## Expectations

1. Do your best
2. Be prepared by **bringing water, towel, notebook, pen and Bible** to every meeting.
3. Be respectful
4. Have fun
5. Invite a friend