# Running Program Basics

## PROMOTE YOUR PROGRAM

- Download flyer and student registration form on the Run the Halls website *(GoshenHealth.com/RunTheHalls)*
- Discuss safety or liability concerns with your school principal
- Post documents to your school website or social media for promotion and parent access

## PLAN YOUR COURSE

- Design a path or track for activities *(Hallway, gym, classroom or outside)*
- Consider multiple options for courses
- Measure length of one lap on your course *(Use a measuring wheel, fitness tracker, phone or other device)*

## ORGANIZE YOUR PROGRAM

- Set ground rules at the start of your program *(Here are some suggestions)*

  » All participants must walk or run
  » Run the course safely to avoid collisions
  » Listen to adult volunteers
  » No put-downs/bullying
  » Compete against yourself
  » Have fun, encourage others
  » Those who don't participate or cause problems may be asked not to return.

- Keep track of students' laps with the EZ Scan app

  » Download the app to your device
  » Make sure it's open for students to scan their QR code as they complete laps

- Start with a warm-up, walk and stretch together as a group, play a fun game, such as free play, relays, etc.
- Run your set course for the chosen time
- Play upbeat music as students run the course
- Cool down, walk the course or another location and stretch together as a group
- Pass out rewards at each meeting, weekly or at the end of the program

## TRACK SUCCESS

- Keep records of student progress with the EZ Scan app
- Use an iPad or phone (IOS or Android) to store records on the app

## GET FREE REWARDS/SUPPLIES

- Choose a variety of tokens to reward students for attendance, mileage and extraordinary effort/behavior
- Determine how to distribute rewards
- Request supplies by emailing CommunityEngagement@goshenhealth.com

## NEED HELP?

- Contact us at CommunityEngagement@goshenhealth.com

**RUN the Halls**