



Rocket Runners

Running For Good - Running For Health - Running For Life - Running To Help Others

What is Rocket Runners?

Rocket Runners is Rochester's famously fun running (or walking!) club. We meet Tuesdays and Fridays before school and walk/run laps of the gravel field while listening to rockin' music. We hand out sticks to track distances. As the kids run/walk, they have a ton of fun getting fit, healthy and building friendships! They are also pumped and ready to focus and learn. The teachers have said they can tell the difference on running days! Even on those terribly soggy, grey, cold mornings, the kids all go off to class smiling with a huge sense of accomplishment!! All participants will receive ribbons for their achievements at the end of the season.

Remember... the main focus at Rocket Runners is participation and fun.

Who Can Join?

Everyone! Hi-n-Bye day care kids, younger siblings (if parents are present), older siblings, parents... all are welcome!! EVERYONE can run (or walk).

When/where do we meet?

- Starting Friday, October 2nd to October 30th, and resuming in the spring (dates TBA)
- Every Tuesday and Friday 8:15am -8:45am, until the end of October, and we resume again in the spring until the end of May
- Come out rain or shine, except on Pro-D days and School Holidays
- Meet under the covered area by the gym

What to bring?

- Runners!!!! (Uggs, sandals, open toed shoes, flats are NOT suitable)
- Jacket suitable for wet/running
- Hat (especially if it's cold)
- Gloves (especially if it's cold)
- Water
- A change of clothes/shoes in case they get wet, muddy, sweaty is a good idea!

Please label jackets, water bottles and anything that could be left behind. Items not labelled will be returned to the lost and found area next to the school office.

Who to contact?

Please contact us if you have any questions or feedback, we'd love to hear from you at rocketrunnersrock@gmail.com.

Your volunteer Rocket Runner Parent Coaches:

- Wendy Catherwood (mom of Matthew and Ryan Catherwood, grade 4 and 1)
- Julie Ramsay (mom of Laura Ramsay, grade 4)

How To Register?

To register online, click "Rocket Runners" on the [Rochester Elementary website](#), and you will be directed to the link, or you can click [here](#).