

Implementation Tips for Your ING RFSB Program

1. Open the lines of communication – talk to your school principal or supervisor, school staff and parents to ensure there is support for the program.
2. Find a suitable location/facilities and determine days/times to hold group meetings and runs. Remember your program must be at a minimum eight (8) weeks.
3. We recommend measuring a 1/2 mile or 1/4 mile distance either around a field, school yard, or track. If you do not have a device to measure these distances try using www.mapmyrun.com or estimate to the best of your ability. Create simple distance markers using cardboard, poster board or wood and put in the ground or tape to trees, buildings, etc. Mix up the locations and directions over time to add interest and variety.
4. Send a letter to parents announcing the program – include responsibilities of student participants, important dates, your contact information, opportunity for parent involvement, etc. An example can be downloaded from the program Web site www.naspeinfo.org/run. Use the downloadable [Parent Permission Form](#) (or your own or school required form) for EVERY participant.
5. Suggest proper clothes and running shoes for running or walking. Talk to the students about the benefits of healthy eating and drinking plenty of water to stay hydrated. See [Critical Skills](#) under [Activity Plans](#) on the program Web site www.naspeinfo.org/run.
6. Download and distribute [Distance Logs/Training Plans](#) based on your culminating event distance. An editable Distance Log can also be downloaded. Develop a filing/storage system for students' [Distance Logs](#). Students should monitor their development by filling in the logs but NASPE suggests that the program coordinator manages the logs. Also make use of the [Running Journal](#) as a fun and useful way for students to keep track of their progress and experiences.
7. Ideally your program should meet two or three times a week and students should be encouraged to run with their families/ friends at other times. Encourage parents to participate in regular meetings and get them involved with the culminating event.
8. The program is designed to encourage 5th through 8th grade students to run, but if you are offering this program across all eligible grade levels please note the difference in age, ability, the way students handle activities and motivation. Possibly split the groups up based on grade level or abilities if there are notable differences.
9. When designing your program, mix it up! Some days should be specific distance runs. Make it fun by turning the run into a “mock meet” where the students pretend it’s a race and give them numbers. During this type of activity you may want to get a one-mile base-line measure for each student during 2nd or 3rd week of the program to compare with the culminating event. Other days incorporate specific goal(s) or prepared games - such as relays, themed runs or obstacle courses as suggested in the [Activity Plans](#) that focus on skills or other aspects of running such as flexibility or heart rate.
10. Keep students active when talking to them by getting them into a stretching routine before and after their running activity. This also helps emphasize proper warm up and warm down. Let different children lead the exercises. See the Activity Plan [Run and Stretch](#) and coordinating [Stretch Photos](#).