



We would like to invite your school to participate in the Junior River Run training program. Last year over 2,400 children participated in this training program which is designed to get children ages 13 and under ready for the Junior River Run. This run is one mile and will be held right after the Gate River Run 15K at 11:00 AM. This is how the program works:

- 1st Place Sports and JTC Running are trying to teach children that running can be fun, and hopefully increase their interest in exercise!
- A coach or P.E. Instructor must complete the required information packet and return it to our race office by December 30th: 3931 Baymeadows Rd., Jacksonville, FL 32217
- The training program and the run are free. All children submitted on the school training roster by December 30th will receive a free "Training for the Junior River Run" t-shirt and a free entry into the Junior River Run. Training shirts will be available the first of January and can be picked up by coaches at our Baymeadows Race Office. We will notify you by email when the shirts are ready for pickup.
- The training program is eight weeks and should begin right after the Christmas break.
- Finisher Medals will be given to all finishers of the Junior River Run!

The training program can be conducted at each school's discretion during or after school hours, possibly during P.E. by school staff. The program must be a minimum of eight weeks and should begin after the holiday break. The goal is to have each child run a total of 8.3 miles prior to reporting to the starting line of the Junior River Run. Thus the one mile fun run would give them a total of 9.3 miles or 15K, the distance of the Gate River Run.

Enclosed are the following forms that must be returned to us:

1. A school participation form that you must fill out stating that your school is participating.
2. A school roster form that you should return to us with each child's name, age, and t-shirt size that agrees to participate in the training program. Forms must be received by December 30th to qualify for free t-shirts.
3. A Junior River Run entry form for each child in the program will need to be filled out and signed by a parent or legal guardian. These forms should be collected at the school and returned to us with the school roster form no later than December 30th.

We hope that your school will participate and help us make this program even more successful than last year!

Junior River Run

SCHOOL PARTICIPATION FORM

School_____

School Address_____

City_____State_____Zipcode_____

Person in Charge_____

Email Address*_____

*We will contact you by email to notify you when the training shirts are ready to be picked up!

Telephone Number(s)_____

Please return this form, along with the roster form and all completed entry forms as soon as possible. Deadline to reserve tshirts is December 30th!

Mail to:

Junior River Run

3931 Baymeadows Road

Jacksonville, FL 32217

Race Office: (904) 731-1900

Junior River Run

SCHOOL ROSTER FORM

School Name: _____

Return by December 30th to 3931 Baymeadows Road, Jacksonville, FL 32217

Signed Waivers for each child must be turned in with this roster.

<u>Student Name</u>	<u>Age</u>	<u>T-shirt Size</u>
		Indicate youth size with Y
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____
16. _____	_____	_____
17. _____	_____	_____
18. _____	_____	_____
19. _____	_____	_____
20. _____	_____	_____
21. _____	_____	_____
22. _____	_____	_____
23. _____	_____	_____
24. _____	_____	_____
25. _____	_____	_____

Please make copies of this page if needed

Total Tshirt Count for **THIS** page: YS: _____ YM: _____ YL: _____ S: _____ M: _____ L: _____ XL: _____

**We use the above totals to package your schools training shirts. Please make sure they are accurate!



One Mile Training Run Program

This program is designed to help prepare a beginning runner to run the Junior River Run. The key is to follow the schedule and make sure the children are working at a comfortable pace. The program is designed to keep the child moving continuously for ten minutes. Good luck to your runners and thank your for your support of our event.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 min run & 7 min walk	Off	3 min run & 7 min walk	Off	3 min run & 7 min walk	Off	Off
2	4 min run & 6 min walk	Off	4 min run & 6 min walk	Off	4 min run & 6 min walk	Off	Off
3	5 min run & 5 min walk	Off	5 min run & 5 min walk	Off	5 min run & 5 min walk	Off	Off
4	6 min run & 4 min walk	Off	6 min run & 4 min walk	Off	6 min run & 4 min walk	Off	Off
5	7 min run & 3 min walk	Off	7 min run & 3 min walk	Off	7 min run & 3 min walk	Off	Off
6	8 min run & 2 min walk	Off	8 min run & 2 min walk	Off	8 min run & 2 min walk	Off	Off
7	9 min run & 1 min walk	Off	9 min run & 1 min walk	Off	9 min run & 1 min walk	Off	Off
8	10 min run	Off	10 min run	Off	10 min run	Off	Off
9	10 min run	Off	5 min run	Off	Off	Jr. River Run	

