



Ready to **Run?**



Stallion Stampedo 2018-19

The Basics!

1. **Check in:** Check in at the table where it says your grade number and give the adult volunteer your “sneaker.” One at a time, please!
2. **Backpacks:** Put your backpack and any other belongings off to the side.
3. **Line Up:** Line up in single file behind the cone with your grade number.
4. **Warm Up:** Listen to the Trail Boss as she leads you through warm up exercises.
5. **Go!** When the Trail Boss blows her whistle, start to walk or run!
6. **Respect:** Show respect for all other children and adult volunteers.
7. **Track:** Stay on the track. NO picking up dirt, rocks, or sticks.
8. **Focus:** Keep YOUR body to YOURSELF.
9. **Language:** Use appropriate language at all times.
10. **Last Lap:** When Trail Boss calls “last lap,” finish your lap and report the number of dots you earned HONESTLY to the volunteer at the table.
11. **Dismissal:** Grab your backpack and belongings and line up near the chain link fence at the gate. DO NOT stop to play on the playground.
12. **Rear Parent Pickup:** Wait quietly with the adult volunteers at RPPU until you are called to load up.

**Most importantly, HAVE FUN AND
KEEP MOVING!**

