



The Lapping Lumberjack Running Club is BACK!

On behalf of the Cedar Mill PTC, I'm so excited to welcome back the Lapping Lumberjack Running Club program! The goal of this club is to help kids build skills to become life-long runners and encourage daily fitness activities. We encourage the whole family to join us!

It's important to stay moving because:

- Exercise improves sleep quality
- Exercise increases brain function (especially before a school day)
- Exercise boosts energy
- Exercise builds immunity
- Exercise just feels good

Who: All Cedar Mill students K-5, parents/guardians and staff!

What: Running/walking outdoors rain or shine

Why: To stay healthy and build the skills to live a long healthy life

When: Starting April 7th - June 16th - Every Tues/Thurs, 7:45am-8:20am. Do not drop your student off before 7:45am.

Where: Cedar Mill Elementary School, lower paved trail, access at lower parking area

VOLUNTEERS: We need YOU to help make every morning a success! Volunteers are needed for student check in, running route patrol, running card tallies, charm distribution and cheerleaders! All volunteers must follow BSD Covid guidelines. At this point, all volunteers must have vaccination cards on file. **Masks are optional for all Cedar Mill students and volunteers.**

This program runs rain or shine! Please bring a dry pair of socks and shoes for your student to change into before heading into the building. Bring a plastic bag for the wet gear that will fit into your student's backpack.

Thank you for your support, take care and keep moving!

Kylan Pimley, Lapping Lumberjack Running Club Chair

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