

Franklin Falcons

Franklin's Fun Run is still on!!

The Fun Run is a 5K, which is about 3.1 miles
How many participants can we get?

Changes:

- You will run on your own or with your family. A parent or older sibling must be with you for safety reasons. They can run with you or drive alongside.
- You can choose the day and time you run.
(Any day between April 17 and May 1)
- You will choose your own route (5K or 3.1 miles).
- Ask a parent or sibling to take pictures of you.

Here are the rules:

- Stay safe! You and your family may run together. This is not a time to run with friends. Remember to maintain social distancing guidelines.
- Plan your route with a parent.
 - The Fun Run is a 5K, which is about 3.1 miles.
 - Make sure you are running in a safe area.
 - Run in your own neighborhood.
 - Watch for cars when crossing the streets.
 - Don't cross the railroad tracks.
 - Stay on sidewalks where available.
- Warm up before you begin.
- Take water with you.
- While you are running have a family member take a picture of you to share with us at school. We will post it on our school webpage.
- You can use an app on a mobile device to track your distance and time, if you have one.

When you have completed the fun run send pictures of you running, your name, and the names of those who ran with you, to your teacher. We will then add your names to our list of Fun Runners.

Let's see how many names we can get on our list! This can be you, your little brothers and sisters, your big brothers and sisters, parents, aunts, uncles, and grandparents.

Each Franklin family member who sends in a picture or emails the teacher with names of those who ran the 5K, will receive a Fun Run t-shirt.

Get Ready Get Set Run!

