



~Morning Running Club~

Is BACK on the track @ 7:30am



GOOOOOOOOD Morning RUNNING CLUB!

Come join us in the mornings before school for the PRCS Morning Running Club.
ALL Grades are welcomed and YES EVEN YOU since you are already here dropping off your student.

We have many Parents, Guardians and Grandparents coming out and participating by walking, speed walking and even doing a light jog (oxygen not supplied) relaxing your mind, releasing some morning stress to start your day so come on out as you're here anyway.

CONGRATULATIONS to those students that have completed and continue to reach higher goals like:

- 10 Mile Club
- 50 Mile Club
- 100 Mile Club
- 150 Mile Club
- and soon our first 200 Mile Club runners.



Remember A Healthy Heart is a Happy Heart. ☺



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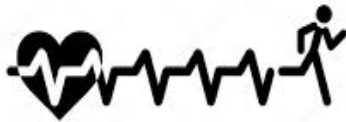
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