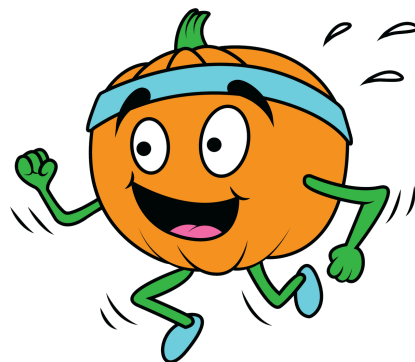


2024 MENANDS SCHOOL PUMPKIN RUN

October 31st

(Rain Date: November 4th)

Dear Parents and/or Guardians,



The Menands School students are excited for the 2024 Menands School Pumpkin Run. The Pumpkin Run is a running race that will be completed during school hours and on school grounds. Parents and Guardians are invited to run with their children or support them from the sidelines! If a student is being signed out for the afternoon, the parent must do so with their child's classroom / homeroom teacher.

Pre K, Kindergarten, first, and second grade students will be participating in their own fun untimed running race. Every student will receive a finisher ribbon once they complete the race!

Students in grades 3 - 8 will be participating in a cross-country style race as well. The students in 3rd and 4th grade will run one-half mile while students in 5th - 8th grades will run one mile. The top ten finishers for each race will receive placement ribbons. All finishers outside the top ten will receive a commemorative finisher ribbon.

We are looking forward to nice weather days during the next three weeks to have each class practice running the course during P.E. classes. This will help students improve their personal times over the next three weeks. Running cross-country will be an excellent aerobic fitness activity as we talk about individual improvement and perseverance.

Students in grades K-8 should dress appropriately for the weather with sneakers and clothes that are comfortable for running. Classes with P.E. held in the morning could bring a change of socks and sneakers as the morning dew will make feet wet. Students' personal water bottles are also highly recommended. We will not be running everyday and we plan on giving each homeroom advance notice on which days we will run. It is a good idea for all students to bring in or wear multiple light layers that could include gloves, a hat or hood as the weather gets colder. If you have any questions please feel free to contact us.

Thank you,

Mr. Ahl & Mrs. Bettinger

Menands School Physical Education Teachers

Race Start Times! (Approximate)

Ms. Foley, McGlaulin, & Kaloyeros 10:35 a.m.

Pre K 1:30 p.m.

Grades 3 & 4 1:55 p.m.

Kindergarten 1:35 p.m.

Grades 5 & 6 2:15 p.m.

Grade 1 1:40 p.m.

Grades 7 & 8 2:35 p.m.

Grade 2 1:45 p.m.