



Enter Here



Start Position

A mile is 9 laps + a little bit if you run the middle yellow line.

You get a quarter of a lap if you are one step beyond the last quarter you have done.

I will provide the new run charts for you to use in class.

You will need to cheer and support your partner.

Meet in the middle of Ashe Gym

You need a pencil/pen, gym shoes, T-shirt, shorts or sweats.

There will be two runs and you will count for one.

The first group will do a warm-up lap. The second group will not.

We will do three pulse checks: at the beginning, after the run, and after a 3 minute cool down.

You will need to know how to take your partners pulse using their wrist.

You will need to be very close to where your partner stops running for total support.

Start Position

