

MONDAY RUNDAYS



Parents Run will be at LODGIC

STARTS SEPT 9 2019, 6:15pm at Lodgic Everyday Community

In collaboration with Lodgic and Pursuit Fitness, the Second Wind Running Club is offering an opportunity for parents to enjoy a 'Monday Run-day' weeknight run! Registration into Lodgic Kids Camp requires processing of your paperwork .



Trying to balance running with parenting can be hard. Finally, an opportunity for PARENTS TO HELP PARENTS enjoy a weeknight run and keep the kids involved.

Safety is our top priority! As such, we have partnered with both Lodgic Everyday Community (and the Lodgic Kids Camp daycare facilities) and Pursuit Fitness.



PURSUIT FITNESS
& PERFORMANCE INSTITUTE



Email any additional questions to: ParentsRun@SecondWindRunningClub.org

THE PROGRAM'S VISION

- No worries about childcare! Our partnership with Lodgic provides a safe, convenient, and fun place for your kids (at Lodgic Kids Camp) with a discounted runner rate for Monday Runday.
- Perfect for all levels of runners! Begin with guided stretching provided by Pursuit Fitness @ 6:15pm. A mapped out run follows at 6:30pm. This fun, encouraging environment can improve your running!
- Great way to meet other parents who love running! Socialize after the run at the Lodgic Cafe Happy Hour until 8pm.

CLUB MEMBER PERKS

- Families attending the inaugural event receive waived Kids Camp registration fee, one free hour of childcare, free Lodgic's Workplace daypass; free t-shirt!
- Starting the following Monday for running club families, Lodgic will offer 1/2 price registration fees, Second Wind discount
- Kids Camp regular rate for Second Wind members of \$8/hr for the 1st child and \$5 for siblings during running events.
- Decompress/stretch using methods prescribed by and led by Pursuit Fitness

OUR PLANNED ROUTINE

- Between 6pm and 6:15pm you will sign in for Monday Runday at sign in tables hosted by Pursuit Fitness (at 6pm our run coordinator may possibly lead anyone already warmed up for a quick 1 mile warm up jog).
- At 6:15pm, Pursuit Fitness will lead a dynamic stretching and warmup session.
- At 6:30pm, 2ndWind will lead the fun run.
- After the run, attend the Happy Hour

HAPPY HOUR SOCIAL

- From 6p-8p, Lodgic will be offering a Happy Hour for runners with 1/2 price glasses of wine, \$5 cocktail, \$5 mocktail,



KIDS CAMP

- Kids aged 12 months -12 years can attend Lodgic's Kids Camp
- If you have not prior done so, please submit any missing paperwork for the KidsCamp before the run. Otherwise the daycare center will not be able to watch your children during the run.
- Kids Camp will be doing some large motor exercises and yoga stretching with the children.
- Kids Camp serves dinner at 6 p.m. All children in care at that time will be served dinner.
- Kids Camp is DCFS licensed and families HAVE to be registered
- Lodgic strongly encourage you to submit your paperwork early. Oftentimes forms or a seemingly minor detail may be missing that you might not notice but can prevent us from caring for your child.
- Go to: www.lodgic.org/kidscamp/enroll.
- Lodgic Kids Camp is DCFS licensed.

You can email completed forms to cherie.mondrella@lodgic.org for review.