

# Coomera Springs Running Club

**When:** Every Tuesday 7:50am – 8:20am

**Who:** all students are welcome to come along

**Where:** Meet in the undercover area in front of the oval.

**What to bring:** Hat, water bottle.

**What to wear:** School uniform. You can run in your sports uniform and sports shoes but if you do not have PE on the same day, you need to change into formal uniform and shoes.

**Incentives:** When milestones are reached (10km, 25km, 50km and more) you will receive a certificate and a special badge for your school hat to acknowledge the distance you have run.

