



Clarendon Hills Middle School Virtual Running Club & 5K Turkey Trot

When: Running Club: October 5th through November 20th

Turkey Trot: November 21st through November 29th

Where: Anywhere you want, inside or outside!

What: Run a minimum of 1.5 miles as often as you can over the next two months! The Turkey Trot will be a standard 5K run (3.1 miles).

How I do it: Use Map my Run, Nike Run Club, or another running app to record your distance and time. Take a screenshot of that and complete [this Google form](#) for each run. Mrs. Scheuerman will use this information to keep track of your total number of completed runs. Time doesn't matter; it's about improvement - try to push yourself to improve each time.

10 + runs -- Certificate of Completion!

Optional T-shirt: If you would like to purchase an optional t-shirt, please complete the following [Google Form](#). If interested, your order must be completed by no later than Tuesday, October 13 to allow for payment and processing.

If you have any questions, please contact Mrs. Scheuerman -
jscheuerman@d181.org



CHMS Virtual 5K Turkey Trot!

Take off and Soar Through a 3.1 Mile Run/Walk!

Completion Timeframe: November 22 - November 28

Celebrate the culmination of CHMS Running Club with a CHMS Eagles Virtual 5K Turkey Trot! Get ready to lift off and soar through 3.1 miles of fun! Put on your running shoes and set off for a course of your choosing. So, whether you run on a treadmill, jog around the neighborhood or walk around the block, this is an ideal way to show some Eagle Spirit!

Registration:

Get ready to Run/Walk through 3.1 miles of fun! Put on your running shoes and set off for a course of your choosing. Take a screenshot of that and complete [this Google form](#) with your Turkey Trot run time!

Participants Receive:

- [Downloadable Commemorative Race Bib](#)
- Enjoy a 5K on a course of your choosing and time yourself!
- Track with apps such as Map my Run; Nike Run Club or an app of your choosing
- Run/Walk with your own music playlist
- A Virtual High Five :)
- Feel free to share a photo of yourself running this event by uploading it to [CHMS Virtual 5K](#)
- Compare your time to the following records:

Time	Athlete	Gender	Age
12:51	Joshua Cheptegei	Male	Adult
14:44	Sifan Hassan	Female	Adult
16:37	Aidan Cox	Male	11
16:22.9	Riley Nedrow	Male	12

16:11.4	Aidan Puffer	Male	13
15:07	Yohei Kondo	Male	14
17:28.3	Grace Ping	Female	11
17:16.8	Annabella Veltcheva	Female	12
16:36	Grace Ping	Female	13
16:28	Yui Fukuda	Female	14