

# SCUSD STRIDE



Sac City Tracks Running to Improve Daily Education

Newsletter - Edition 3  
October 2018

## THANK YOU +

Thank you for making physical fitness a priority for your students on a regular basis! The STRIDE program has the unique opportunity to influence every elementary student-athlete in Sac City Unified School District.

How many laps will your school STRIDE today?



## WHAT'S HAPPENING +

Book your STRIDE campus event before it is too late!

Our STRIDE event team has hit the road! Book your campus event today...the last day to have a STRIDE event on your campus this fall is **October 31.**

Once you have your student list uploaded, you have prepared your equipment and you have all your student badges ready to go, let's host a STRIDE event on your campus!

- Pick a date and time**  
One event per campus for all 1st through 6th graders.
- Communicate**  
With your administration and notify your teachers/students.
- Find the right space**  
Blacktop or auditorium will work perfectly.
- Get loud**  
SRA can provide a portable sound system if one is not available at your campus.
- Contact SRA**  
Shoot Ellen Moore an email to get your event planned.



## IDEA BANK +

### Walking Field Trips

Your students deserve to track and log all the miles they walk or run...Why not include the field trips?! To track a walking field trip follow these steps: Also on pg. 10 of Quick Start

- Log in to Stride Track
- Under the Action tab, select Enter a Run
- Click Simple Entry in the action bar
- Sort your students by class, grade or last name – whatever category works for your field trip
- Select the students on the field trip
- On the right, under Event Details:
  - Enter the date
  - Enter one lap
  - Enter the distance you walked
  - Select miles as the UOM
  - Submit

### Teachers Can Run Too!

Encourage your teachers and administrators to participate in STRIDE!

Create a Teacher Group or just add the teacher as a runner within their class and encourage your entire campus to get moving.

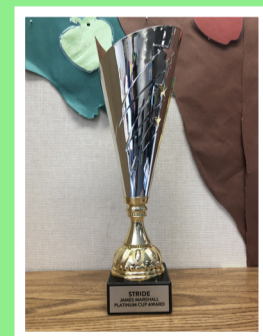
Refer to page 4 of the Stride Track Quick Start guide in your operations manual to add a new Teacher Group.

### Celebrate Every Week

James Marshall Elementary School has created a weekly mileage achievement trophy.

Each week the class with the highest number of miles will be awarded the STRIDE James Marshall Platinum Cup Award!

Nothing like a little competition to keep the kids motivated!



## RED RIBBON WEEK +

Red Ribbon Week is October 23-31.

Celebrate your Drug-Free Campus with a special STRIDE Spirit Day during Red Ribbon Week. Give your students extra time to run and earn extra miles while reminding them about the importance of an active, drug-free lifestyle.

## YOUR COMMUNITY +

**STRIDE Program Page**  
<https://runsra.org/sra-kids/programs/stride-program/>

**Message Board**  
<http://scusdstride.proboards.com/>

**Sacramento Running Association**  
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[#sacSTRIDE](#)

[#runSTRIDE](#)

[#runSCUSD](#)

[#runSRA](#)

[#runlocal](#)

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