



# SCUSD STRIDE

Sac City Tracks Running to Improve Daily Education

Newsletter - Edition 4  
November 2018

## AND WE ARE OFF... +

### SEND PHOTOS

Have you taken some great photos of your student-athletes in action or taking part in a STRIDE celebration? Send them our way! We would love to feature them on social media and in future newsletters. Images can be sent to [ellen@runsra.org](mailto:ellen@runsra.org).

### WHEN TO RUN

Now that you are off and running, consider expanding your STRIDE opportunities. If you started by running during PE, consider adding in a movement opportunity during lunch recess two times a month. If you started by running during lunch or recess, consider bringing your PE teachers (if you are so fortunate to have them) into the fold and having your student-athletes tracked during PE. If you started by running before school, educate your teachers on the process and start having them supervise movement opportunities during the school day. Remember, STRIDE is for everyone!

### SCANNER CLEARING OF DATA

Please IGNORE the clearing data barcode that was included on the last page of your StrideTrack Quick Reference Guide in your operations manual. That does NOT apply to our Motorola scanners. To clear data, remember to upload first and then hold the - (minus) button on the scanner down for 20 seconds before you hear the long beep.



## LOOKING AHEAD +

### CIM - maraFUNrun 5k

The Sacramento Running Association, managers of STRIDE, also operates Sacramento's premier running event, the California International Marathon. The SRA offers a kids' 5k held during CIM weekend. The UC Davis Children's Hospital maraFUNrun 5k is on Saturday, December 1 at 12:00 pm noon in downtown Sacramento. The maraFUNrun 5k is free for children under the age of 18! Registration is \$10 for parents/guardians who wish to accompany their children. If you have interest in offering this opportunity to your student-athletes, please email [ellen@runsra.org](mailto:ellen@runsra.org).

### SPRING TRACK MEET DATES

The dates for the 2019 STRIDE spring track meets available to all 6th graders from participating schools are set! All meets will be from 10:00 am – 12:30 pm.

Titans Division (Burbank) - Wednesday, May 29  
Lions Division (CKM) - Thursday, May 30  
Wolverines Division (Rosemont) - Friday, May 31

Cougars Division (JFK) - Tuesday, June 4  
Warriors #2 Division (West Campus) - Wednesday, June 5 (to be held at Johnson)  
Warriors #1 Division (Johnson) - Thursday, June 6

## QUESTIONS +

### REMEMBER...

We are here to help! Do not be afraid to reach out regarding any STRIDE questions you may have. Contact information is below.

### COORDINATOR POSTING AND STIPEND

Any questions regarding the STRIDE coordinator job posting or stipend schedule can be directed to Greg Purcell, SCUSD Athletic Director, at [GregPu@scusd.edu](mailto:GregPu@scusd.edu).

### SOFTWARE, TRACKING, UPLOADING, DATA ISSUES

Please don't ignore your software, tracking, uploading and data issues! Melissa from StrideTrack is extremely responsive, so if you are having an issue, please do not hesitate to email [ellen@runsra.org](mailto:ellen@runsra.org) for a forward to Melissa or reach out directly to Melissa at [melissahanson@stridetrack.com](mailto:melissahanson@stridetrack.com).

### SHIRTS FOR SALE

Some of you have asked about the STRIDE shirts we produced and handed out during the campus events...They are not currently for sale, but if you would like to place an order for some for your campus, please contact Ellen at [ellen@runsra.org](mailto:ellen@runsra.org) and we can connect you with the supplier.

## YOUR COMMUNITY +

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

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

Sacramento Running Association  
Ellen Moore  
[ellen@runsra.org](mailto:ellen@runsra.org)

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[@officialSCUSD](#)

[#sacSTRIDE](#)

[#runSTRIDE](#)

[#runSCUSD](#)

[#runSRA](#)

[#runlocal](#)

Stride Track  
Melissa Hanson  
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