

WHAT IS STRIDE?

SAC CITY TRACKS RUNNING TO IMPROVE DAILY EDUCATION



EVERYONE RUNS ELEMENTARY SCHOOL

STRIDE is a sustainable partnership between the Sacramento City Unified School District and the Sacramento Running Association for a district-wide initiative to expose students to a healthy lifestyle through running. This program starts at the elementary school level by integrating running/movement into the weekly elementary school schedule.

STRIDE features a culminating end-of-program spring track meet opportunity (STRIDE Olympic Days) for all 6th graders at participating schools. The events focus on effort, spirit and respect. Student-athletes are exposed to events ranging from 100 meters to 400 meters plus relays, jumps, throws, yoga and aerobic/coordination activities.

RUNNING AS A SPORT MIDDLE + HIGH SCHOOL

The sport of running is introduced at the middle school level with cross country. SCUSD middle school cross country enhances the fall athletics program on each campus and offers a competitive environment for athletes to participate and excel. The Sacramento Running Association hosts a series of fall cross country races and the SCUSD Middle School Cross Country Championships. Athlete registration fees are covered by SCUSD.

STRIDE offers a mentorship opportunity to SCUSD high school students at the STRIDE Olympic Day events. High schoolers assist with the production of the event and serve as student mentors to the participating 6th graders.

ELEMENTARY SCHOOL PARTICIPATION



MIDDLE SCHOOL COMPETITION



HIGH SCHOOL MENTORSHIP



Participation in running programs promotes an active lifestyle, teaches kids to set goals while working to achieve them, and helps to develop self-confidence. STRIDE emphasizes participation and health education as we strive to create an inclusive environment where our community's kids make the connection between fitness and fun.

For more information visit... [RUNSRA.ORG/SRA-KIDS/PROGRAMS/STRIDE-PROGRAM/](https://runsra.org/sra-kids/programs/stride-program/)