

Marathon Club 2026 – Father Leonard Van Tighem School



WHO? Students in Grades 1-6 are invited to join the F.L.V.T. Marathon Club!

WHAT? Marathon Club members will complete a MARATHON – 42.2km! Beginning **Monday April 13th**, students will run approximately 2-2.5 km every Monday, Wednesday and Friday morning, completing 40.2 km prior to Wed. May 27th. On Wed. May 27th, they will run the final 2km of their marathons in the:

Little Souls Kid's Marathon

Wednesday, May 27th at 6:30pm

Chinook High School in West Lethbridge

Students can **register** for the race online:

<https://runnersoul.com/event/little-souls-kids-marathon/>

Parents are responsible for registering students for the race online and picking up their race packages. It fills up fast so register early. Every year, we have students in the club who don't **register early** and miss the opportunity to participate in the culminating event. **Make sure that you say you are a student at F.L.V.T. on your registration form**, as we are aiming to be the largest run club in the city this year!

PRACTICES: Practices will be **Monday, Wednesday and Friday mornings at 8:10 am.** Teachers will not be present prior to 8:10 am so please do not arrive prior to 8:10 a.m. We will meet in the gathering space. This is not a drop-in program. **Students who miss a practice are responsible for making up the distance on their own time and for communicating it to one of the coaches.** Some days are “theme” days. Check out the attached schedule. Reminders will appear on our school website’s calendar!

WHAT TO WEAR: Runners must wear running shoes and bring labeled water bottles. **Dress for the weather.** For the race, students are encouraged to purchase and wear a **Hawks Running Club T—Shirt which will be available online for \$20.50. There is an extra fee for adult sizes 2XL-4XL.** It is the same shirt used previously. Click on **FEE PAYMENTS** on the school website to pay. **Please note T-shirts purchased through the school are separate from any T-shirts that are being sold with the Little Souls Marathon Race Registration.** Payment will start Feb. 23rd and the cut off is March 13th.

BREAKFAST: Breakfast will be provided after every practice in the canteen for members who **opt-in.** **Breakfasts** for all practice sessions are **\$85.00** and must be **paid online.** On Mondays, runners will be served waffles with optional whipped cream and berries, on Wednesdays they will be served pancakes and fruit and on Fridays they will be served strawberry parfaits with optional granola. Cereal will also be available as an alternative every day. Smoothies will be provided at the Colour Run. Click on **FEE PAYMENTS** on the school website to pay. Breakfast is a package deal and cannot be purchased daily or weekly. Enjoying breakfast together after every practice will be great team building!! Payment will start Feb. 23rd and the cut off is March 27th.

BREAKFAST: OPT-OUT: If students opt-out of the breakfast program, they are still encouraged to enjoy their “from home” breakfast in the canteen with the other club members.

TRAINING SCHEDULE:

(Please use this schedule to keep track of your distance. Remember to make up for any missed practices).

Date	Time	Distance	Distance Total
Monday April 13th, 2026	8:10 a.m.	2.0 km	2.0 km
Wednesday, April 15th, 2026	8:10 a.m.	2.0 km	4.0 km
Friday April 17th, 2026	8:10 a.m.	2.0 km	6.0 km
Monday April 20th, 2026	8:10 a.m.	2.0 km	8.0 km
Wednesday April 22nd, 2026	8:10 a.m.	2.0 km	10.0 km
Friday April 24, 2026 "Minion Mayhem" Dress like a minion!	8:10 a.m.	2.0 km	12.0 km
			
Monday April 27th, 2026	8:10 a.m.	2.0 km	14.0 km
Wednesday April 29th, 2026	8:10 a.m.	2.0 km	16.0 km
Friday May 1st, 2026	8:10 a.m.	2.0 km	18.0 km
Monday May 4th, 2026 Star Wars Run-wear your Star Wars clothing! (No masks or weapons please.)	8:10 a.m.	2.0 km	20.0 km
			
Wednesday May 6th, 2026 Donut Dash	8:10 a.m.	2.2 km	22.2 km
			HALF MARATHON DAY!
Friday May 8th, 2026	8:10 a.m.	2.5 km	24.7 km
Monday May 11th, 2026	8:10 a.m.	2.5 km	27.2 km
Wednesday May 13, 2026	8:10 a.m.	2.5 km	29.7 km
Friday May 15th, 2026 Colour Run - Wear a white T-shirt and prepare to get dirty! (Adult help needed!)	11:45 a.m.	2.5 km	32.2 km
			
Wednesday May 20th, 2026	8:10 a.m.	2.5 km	34.7 km
Friday May 22nd, 2026	8:10 a.m.	2.5 km	37.2 km
Monday May 25th, 2026 Last Day of Marathon Club	8:10 a.m.	3 km	40.2 km
Wed May 27th, 2026 Little Souls Marathon at Chinook High School (259 Britannia Blvd W)	6:30 p.m. Meet at 6:10 p.m.	2 km Race!	42.2 km



PARENTS/GUARDIANS ARE INVITED TO RUN OR WALK WITH US AT OUR MORNING PRACTICES!

PETS CANNOT BE ACCOMODATED



A reminder to all parents with children participating in the Little Souls Marathon:

Your race packages will be available **May 27 between 10am- 4pm AT RUNNER'S SOUL.** (2646 South Parkside Drive)

Please check your emails for more information from Runner's Soul regarding the race.

The race begins at 6:30: we will be meeting as a team at 6:10 pm to warm up! **Look for the pink shirts!**

Good luck to all of our runners!