Dear teachers:

This year Athletics Yukon, in partnership with Yukon Workers’ Compensation Health and Safety Board (YWCHSB), is starting a new free of charge after school running program for girls in grades 5, 6 & 7. The program is called the Ironwomen Running Club.

The girls can expect a safe and respectful environment. Our goal is to help them gain self-confidence and positive mental health practices which can support them in their daily lives while learning to run a 5K.

Practices will be held on Tuesdays from 4:00pm-5:15pm at the FH Collins high school track. The sessions are September 14, 21, 28, October 5, 12, 19 and October 26. They will begin again in the spring if the students are keen on running. We will have another intake in spring 2022.

I’ll be coaching this group. I’m a teacher, an accomplished long distance runner, and I have considerable training in mental health. I’m conducting this program through my role as an outreach professional with YWCHSB.

We will have one session a week and the girls will be expected to walk/run once or twice on their own. Parents or guardians can walk/run with them. During the home running sessions, girls can run the allotted time (slowly) and the adult can walk a little faster and loop back, or siblings and adults can go on bikes and the girls will learn about pacing.

We also expect the girls to bring home what they learned about maintaining positive mental health practices in the session and discuss it at home with their families.

Each session will start with a warm up stretch, games, a run/walk and a cool down. We will also take time to discuss ways in which we can support our mental health such as positive self-talk, sleep and incorporating movement into our everyday lives.

If you have a potential Ironwoman in your school, please encourage them to reach out and join us.

If you have any questions or have a student who wants to register please have them contact me at [Natalie.thivierge@wcb.yk.ca](mailto:Natalie.thivierge@wcb.yk.ca) or call me at 867-332-1056.