

OPEN TO ALL 6TH–8TH GRADE STUDENTS WHO ENJOY TO RUN OR WANT TO TRY SOMETHING NEW!



RUNSTRONG

TRADITION OF EXCELLENCE IN RUNNING

DEDICATION



RUN WITH HEART

FAMILY



BUILD STRONG CONNECTIONS

CHAMPIONS



GO ABOVE AND BEYOND

8 MONTH JOURNEY: OCTOBER - APRIL

WEDNESDAY + FRIDAY RUNS: 6:20AM AT MACARTHUR

SATURDAY ADVENTURE RUNS: AT 7AM VARIOUS PLACES IN ORANGE COUNTY



OPTIONAL – GO FURTHER. BE GREATER.

RUNSTRONG COMMITMENT

ATTEND WEEKLY PRACTICES, MAINTAIN GRADES, BE A POSITIVE LEADER

MACARTHUR INTERMEDIATE SCHOOL / QUESTIONS: COACH DIAZ / EMAIL: DAVID.DIAZ@SAUSDLEARNS.NET



PRACTICE



- Morning runs at 6:20am at MacArthur (Wednesday / Friday)
- Saturday Adventure runs at 7am at various places in Orange County
- Athletes must attend 2 of the 3 weekly practices
- Bring your best attitude and respect your teammates
- End of the Year RunStrong Awards Ceremony
- Receive a medal, free running shoes, and athletic awards
- Be part of the 2025-26 RunStrong Team Slideshow



TEAM BONDINGS



We celebrate our achievements in our:

- Thanksgiving run with breakfast
- Christmas run with family potluck
- Irvine Park run with family potluck
- End of the Year Balboa Beach Bonfire with family potluck

RunStrong is about building positive relationships with their teammates and coaches. This is a core value in RunStrong as we motivate and support each other to finish strong!



RACES



- Dino Dash 5K
- Santa Clause 5K
- Reaching for a Cure 5K

Students participate in:

- 3 community races in Orange County
- Run the 5K (3.1 miles)

Athletes strive for excellence both academically and athletically, emphasizing hard work, dedication, character building, and discipline.

CHECK OUT OUR RUNSTRONG WEBSITE:

