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Rain or Sunshine Run Club participates in virtual events

Submitted by Diane Batchelor



5K Finishers (Feb. 11) from left: Cameron, Cody, Taejin, Colbie, Dash, Brendan Photos provided



10K Finishers (Feb. 2) from left: Coach Diane, Junior Coach Namratha, Cate, Lauren, Colbie, Cameron, Sadie, TJ, Brendan, Sam Photos provided

For five weeks, meeting three afternoons a week for an hour the Rain or Sunshine Run Club athletes (seventh- and eighth-graders) trained for a Virtual 5K and/or 10K. Their training took them up to the Lafayette Reservoir to run a loop or two and various sections of the Lafayette-Moraga Trail. Along with running, the athletes work on strength training and discuss fueling the body for running. For many it was their first time running a 10K (6.2 miles) and all worked on improving their 5K (3.1 miles) time. The timed course took them from the Lafayette Community Center to Moraga Commons and back on the trail. As the group name implies - Rain or Sunshine - it rained on their 5K but that didn't stop them from achieving their goal of finishing with fantastic times. The team, coached by Diane Batchelor and Junior Coach Namratha, has enjoyed a break from Zoom lessons all day and is now back training for five weeks and another virtual event.

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