

# SCUSD STRIDE

Sac City Tracks Running to Improve Daily Education



Newsletter - Edition 1  
September 2018

## WHAT'S HAPPENING

### GETTING STARTED - FIRST STEPS

As your students settle into school, it is time to get your STRIDE program up and running.

- **Submit your full school roster - 1st through 6th grade**  
This list (MS Excel) should include each student's first name, last name, teacher and grade. Please submit to Ellen Moore at [ellen@runsra.org](mailto:ellen@runsra.org).
- **Get your gear up and running**  
Build your student badge rack, find the right place to store it, determine how you will distribute the scanners, etc.
- **Create your student badge cards**  
Organize, print, sticker and laminate your student badge cards.
- **Host a STRIDE event**  
Schedule your STRIDE introduction event.  
<https://goo.gl/forms/qEP4vEuaUCmOAQ6k2>

### MAKE IT YOUR OWN

Build a program that is right for your school. Consider:

- When will your student-athletes run/move?
- Lunch recess, recess, during PE, before school, after school?
- Will your student-athletes run/move every day?
- Where will your student-athletes run/move and will this space be permanently marked?
- Who will assist you with the daily scanning?
- Do the kids know where to grab their student badges?
- Will you offer a special day each month to get special guests involved, like your principal or parents?



## IDEA BANK

### SET A GOAL

When you launch your program, encourage each student-athlete, each class, each grade, and the entire school to set a mileage goal.

Everyone can track their progress and see just how far they have gone. They will be amazed at how many miles they can log in a short period of time.

### STICKER THE STUDENT BADGES

Add stickers to your student badges to help distinguish each class.

Check out Amazon, they have several options including an order with 16, 1" round dot stickers. <https://tinyurl.com/ya6fxlcb>

Imagine the possibilities!

### VISUAL DISPLAYS

Find a space to track your school mileage on a weekly basis. Kids love to see how many miles their class or school have completed.

Use a map of the United States or the world to show just how far they have gone or can go.

## FAQs

Some great questions have come up during our seminars. Check out the answers to those questions below...

**Q:** Can a student-athlete belong to two groups? If the after-school program at a school wants to keep track of their after-school students, can each student-athlete be included in the teacher group AND an after-school specific group?

**A:** Typically student-athletes can only belong to one group, however if someone is really interested in this option, please call Melissa Hanson at Stride Track and she can work with you on this option.

**Q:** If the scanner runs out of battery and dies, is the data that was stored on the scanner lost?

**A:** The data will not be lost. It is stored on the scanner until the data is deleted by the user. The battery life is 24 hours of continuous use. Coordinators are encouraged to charge

the battery on a weekly basis. As a side note, if there are any issues with the scanner (locks up, won't turn on) there is a small reset button under the back silver panel. You will need a pin or paper clip to press the button. This will reset the scanner and usually resolves any issues the users may have. Pressing the reset button will NOT delete the scans off the scanner.

**Q:** Can the same data be accidentally uploaded twice? If a coordinator forgets to delete the data after a successful upload and then attempts to upload a second time, will the software recognize that it already has that data?

**A:** The software will NOT recognize the data was uploaded twice. If a coordinator suspects they have forgotten to delete the scanners

please call Melissa with Stride Track and she can help troubleshoot. There are a couple of reports Stride Track can run on the back end to see what exactly was uploaded. Also, if the coordinators have not deleted the scanners before they Stride Track, it is very easy to just open the file on the scanner to look at scan dates. Not deleting the scans is probably the most common error coordinators can make.

As a recommendation, remember to delete right after uploading and on the field before beginning a run just to ensure they are cleared.

**Q:** If a school wants to match the date on the data to the date they are running, do you have instructions on how to sync that?

**A:** Yes, see the attached instructions.

## SPREAD THE WORD

Encourage social media engagement on your campus

@runsra\_cim, @officialSCUSD

#sacSTRIDE, #runSTRIDE, #runSCUSD, #runSRA, #runlocal

Include program details in campus communications and newsletters to parents and campus community.



## YOUR COMMUNITY

**Sacramento Running Association**  
Ellen Moore  
[ellen@runsra.org](mailto:ellen@runsra.org)

**Stride Track**  
Melissa Hanson  
[melissahanson@stridetrack.com](mailto:melissahanson@stridetrack.com)

**STRIDE Program Page**  
<https://runsra.org/sra-kids/programs/stride-program/>

**Message Board**  
<http://scusdstride.proboards.com/>