VILLAGE OF NEW GLARUS



2019 Pool and Recreation Programs

Village of New Glarus - Contact Information

Website: www.newglarusvillage.com

Park and Recreation Director: Chris Rear, 438-4828, parkandrec@newglarusvillage.com

Pool Director: Megan Buol, 214-5436, pool@newglarusvillage.com

ONLINE REGISTRATION

Registration for all Village of New Glarus Programs (pool and recreational) will be online this year via Active Network. Please visit <u>www.newglarusvillage.com/recreation</u> to begin the registration process. <u>Online registration accepts payment by credit or debit cards.</u> If you choose to pay by cash or check, you must complete your registration and payment in person at Village Hall.

RESIDENT VS. NON-RESIDENT

During the registration process, **please be aware that you will need to register as a resident or non-resident for specific fees**. A resident is any individual who resides within the village limits. To be considered a resident, you must pay real estate tax on your primary residence to the Village of New Glarus. All other individuals living outside the village limits are considered nonresidents with taxes being paid to the township. Registration dates are as follows:

	BEGINS	ENDS
Baseball / Softball Programs	February 1, 2019	N/A
Kickball, Men's Softball	February 1, 2019	July 31, 2019
Sand Volleyball	February 1, 2019	June 1, 2019
Ride and Slide	February 1, 2019	June 9, 2019
Swimming Lessons	February 1, 2019	Session 1 – June 10, 2019 Session 2 – June 30, 2019 Session 3 – July 14, 2019 Session 4- July 28, 2019 Splish Splash - Session 1- June 10, 2019 Splish Splash - Session 2- July 14, 2019
Pool Passes	February 1, 2019	N/A
Adult Water Aerobics	February 1, 2019	N/A
Early Bird Lap Swim	February 1, 2019	N/A

FINANCIAL ASSISTANCE

It is our philosophy, that no child will be prohibited from participating due to financial concerns. Financial assistance is available through the **Youth Summer Sponsorship Program**. Applications for financial assistance can be picked up at the Village Clerk's Office. All applications must be accompanied with a verification of income. Once income has been verified, participants will be allowed to register for programs.

REFUND POLICY

Refunds for passes/programs are subject to a \$5 surcharge. Full refunds will be given if the program is cancelled by the Village. There is no refund after the first session or practice has taken place. A prorated refund will be given only in the case that severe illness or injury prevents participation.

BASEBALL PROGRAMS

<u>Blast Ball</u>

Age: 3-4 year old's and current 4K students. Day: Wednesday Time: 10:00-10:45 am Dates: June 12 – July 10, 2019. We will not meet on July 3, 2019. Fee: \$25 Resident / \$30 Non-Resident Early Bird Fee: Register by April 30, 2019 and receive a 5% discount. Locations: Veteran's Park Instructor: Volunteers Description: Blast Ball is an introductory game for T-Ball, Baseball, and Softball. It allows for more action for a youngster's short attention span. Blast Ball teaches the basic T-Ball, Baseball, and Softball fundamentals of hitting, throwing, and fielding while emphasizing the importance of teamwork and sportsmanship.

Minor League Baseball and Softball

Age: 5K-1st Grade Day: Sunday Time: 6:00-8:00 pm. Dates: June 16 - July 21, 2019. Fee: \$25 Resident / \$30 Non-Resident. Early Bird Fee: Register by April 30, 2019 and receive a 5% discount. Location: Glarner Park **Instructor:** Chris Rear, Varsity Baseball Coach and Volunteer Coaches. **Description:** The emphasis in Minor League baseball will be the basic rules, baseball skills, and sportsmanship. Players will practice and learn skills for the first 2 weeks, followed by 4 weeks of games. Players will be divided into teams after 2 weeks and play 1-2 games each Sunday for the final 4 weeks. Players will receive a t-shirt.

2nd Grade Baseball

Age: 2nd Grade Day: Wednesday Time: 5:00 or 7:30 pm Dates: May, June, and July. Tournament to Follow (dates TBD). Fee: \$30 Resident / \$35 Non-Resident Early Bird Fee: Register by April 30, 2019 and receive a 5% discount. Location: Glarner Park and Twining Park (Monroe) Instructor: Volunteers Description: This team will be run in cooperation with the Monroe Park/Rec Department in a recreational league. These games are played on a field with a 45' mound and 60' bases. Games will be held in New Glarus and Monroe (Twining Park). Equipment, t-shirt, and a baseball hat are provided by the Village. Coaches are volunteer.

3rd - 4th Grade Baseball

League: Ruegsegger Sports League Age: 3rd - 4th Grade Day: Monday and Thursday Time: 5:30 Dates: May, June, and July Fee: \$60 Resident / \$70 Non-Resident. Early Bird and Late Fee: Register by March 1, 2019 and receive a 5% discount. **Register after April 1, 2019 and a \$20 Late Fee will be assessed.** Location: Glarner Park **Instructor:** Chris Rear, Varsity Baseball Coach and Volunteer Coaches **Description:** This is a traveling baseball team. These games are played on a field with a 45' mound and 60' bases. Games will be held in New Glarus and surrounding communities. Equipment, jersey, and hat are provided by the Village. **Jerseys are purchased separately (not**

provided by the village) via the online store, web address will be contained in the registration confirmation email.

5th - 6th Grade Baseball

League: Ruegsegger Sports League

Age: 5th-6th Grade

Day: Monday and Thursday

Time: 7:30

Dates: May, June, and July

Fee: \$60 Resident / \$70 Non-Resident.

Early Bird and Late Fee: Register by March 1, 2019 and receive a 5% discount. **Register after April 1, 2019 and a \$20 Late Fee will be assessed.**

Location: Veteran's Memorial Park

Instructor: Chris Rear, Varsity Baseball Coach and Volunteer Coaches

Description: This is a traveling baseball team. These games are played on a field with a 50' mound and 70' bases. Games will be held in New Glarus and surrounding communities. Equipment, jersey, and hat are provided by the Village. Jerseys are purchased separately (not provided by the village) via the online store, web address will be contained in the registration confirmation email.

7th Grade Baseball

League: Ruegsegger Sports League Age: 7th Grade Day: Tuesday and Friday Time: 5:30 Dates: May, June, and July Fee: \$60 Resident / \$70 Non-Resident. Early Bird and Late Fee: Register by March 1, 2019 and receive a 5% discount. **Register after April 1, 2019 and a \$20 Late Fee will be assessed.** Location: Veteran's Memorial Park **Instructor:** Chris Rear, Varsity Baseball Coach and Volunteer Coaches **Description:** This is a traveling baseball team. These games are played on a field with a 54' mound and 80' bases. Games will be held in New Glarus and surrounding communities. Equipment, jersey, and hat are provided by the Village. Jerseys are purchased separately (not provided by the village) via the online store, web address will be contained in the registration confirmation email.

8th Grade Baseball

League: Ruegsegger Sports League

Age: 8th Grade

Day: Tuesday and Friday

Time: 7:00

Dates: May, June, and July

Fee: \$60 Resident / \$70 Non-Resident.

Early Bird and Late Fee: Register by March 1, 2019 and receive a 5% discount. **Register after April 1, 2019 and a \$20 Late Fee will be assessed.**

Location: Veteran's Memorial Park

Instructor: Chris Rear, Varsity Baseball Coach and Volunteer Coaches

Description: This is a traveling baseball team. These games are played on a field with a 60' mound and 90' bases (regulation baseball field dimensions). Games will be held in New Glarus and surrounding communities. Equipment and baseball hat are provided by the Village. Jerseys are purchased separately (not provided by the village) via the online store, web address will be contained in the registration confirmation email.

SOFTBALL PROGRAMS

<u>Blast Ball</u>

Age: 3-4 year old's and current 4K students. Day: Wednesday Time: 10:00-10:45 am Dates: June 12 – July 10, 2019. We will not meet on July 3, 2019. Fee: \$25 Resident / \$30 Non-Resident Early Bird Fee: Register by April 30, 2019 and receive a 5% discount. Locations: Veteran's Park **Instructor:** Volunteers **Description:** Blast Ball is an introductory game for T-Ball, Baseball, and Softball. It allows for more action for a youngster's short attention span. Blast Ball teaches the basic T-Ball, Baseball, and Softball fundamentals of hitting, throwing, and fielding while emphasizing the importance of teamwork and sportsmanship.

Minor League Softball and Baseball

Age: 5K-1st Grade Day: Sunday Time: 6:00-8:00 pm. Dates: June 19 - July 14, 2019. Fee: \$25 Resident / \$30 Non-Resident. Early Bird Fee: Register by April 30, 2019 and receive a 5% discount. Location: Glarner Park Instructor: Chris Rear, Varsity Baseball Coach and Volunteer Coaches. Description: The emphasis in Minor League softball will be the basic rules, softball skills, and sportsmanship. Players will practice and learn skills for the first 2 weeks, followed by 4 weeks of games. Players will be divided into teams after 2 weeks and play 1-2 games each Sunday for the final 4 weeks. Players will receive a t-shirt.

2nd Grade Softball

Age: 2nd Grade Day: Monday Time: 5:30 pm Dates: May, June, and July. Tournament to follow season. Fee: \$30 Resident / \$35 Non-Resident Early Bird Fee: Register by April 30, 2019 and receive a 5% discount. Location: Glarner Park Instructor: Volunteers

Description: This team will be run in cooperation with the Monroe Park/Rec Department in a recreational league. These games are played on a field with a 45' mound and 60' bases. Games will be held in New Glarus and surrounding communities. Equipment and a t-shirt are provided by the village. Coaches are volunteer.

<u>3rd – 4th Grade Softball</u>

Age: 3rd-4th Grade Day: Tuesday and Thursday Time: 7:00 pm Dates: May, June, and July Fee: \$60 Resident / \$70 Non-Resident. Early Bird and Late Fee: Register by March 1, 2019 and receive a 5% discount. **Register after April 1, 2019 and a \$20 Late Fee will be assessed.** Location: Glarner Park **Instructor**: Volunteer Coaches **Description**: This is a traveling softball team. Games are played in New Glarus and surrounding communities. Equipment and softball headband are provided by the Village. Jerseys are purchased separately (not provided by the village) via the online store, web address will be contained in the registration confirmation email.

5th-6th Grade SoftballAge: 5th-6th GradeDay: Monday and WednesdayTime: 6:00 pmDates: May, June, and JulyFee: \$60 Resident / \$70 Non-Resident.Early Bird and Late Fee: Register by March 1, 2019 and receive a 5% discount. Register afterApril 1, 2019 and a \$20 Late Fee will be assessed.Location: Glarner ParkInstructor: Volunteer CoachesDescription: This is a traveling softball team. Games are played in New Glarus and surrounding communities. Equipment and softball headband are provided by the Village. Jerseys are purchased separately (not provided by the village) via the online store, web address will be contained in the registration confirmation email.

7th-8th Grade Softball

Age: 7th-8th Grade

Day: Monday and Wednesday

Time: 7:30 pm

Dates: May, June, and July

Fee: \$60 Resident / \$70 Non-Resident.

Early Bird and Late Fee: Register by March 1, 2019 and receive a 5% discount. **Register after April 1, 2019 and a \$20 Late Fee will be assessed.**

Location: Glarner Park

Instructor: Volunteer Coaches

Description: This is a traveling softball team. Games are played in New Glarus and surrounding communities. Equipment and softball headband are provided by the Village. Jerseys are purchased separately (not provided by the village) via the online store, web address will be contained in the registration confirmation email.

OTHER YOUTH PROGRAMS

RIDE AND SLIDE

Day: Wednesday
Time: 1:00 – 3:00 pm
Dates: June 12 – July 24, 2019
Location: Village Park Pavilion. If inclement weather, Village Hall Community Room for indoor games and fun.
Fee: Register by April 30, 2019 and receive a 5% discount. \$25 Resident / \$30 Non-Resident **Description:** Embark on a summer full of biking adventures! Ride the Sugar River Trail, the bike path and the scenic streets and roads around our Village. After your trek, come back to the pool for a refreshing dip and an exciting blast off the slides.

KRAFTY KIDS, Sponsored by New Glarus Youth Committee

Age: 5-12 years old. Day: TBD Time: TBD Dates: Mid June Location: Village Park Gazebo Fee: Free

Description: This program is art and craft projects for kids aged 5-12. This program is free and limited to the first 25 kids or as supplies last. Each session is something different. Watch for posters and the Village website for more information. If inclement weather, please meet in the Village Hall Community Room.

ADULT RECREATION PROGRAMS

SAND VOLLEYBALL

Day: Thursday Time: TBD Dates: June 6 – July 25, 2019 Fee: \$100 per team. Registration closes June 1, 2019. Description: 4 team minimum to run league.

KICKBALL

Day: Thursday Time: TBD Dates: August 1 - September 19, 2019 Fee: \$150.00 per team. Registration closes July 28, 2019. Description: 4 team minimum to run league.

MEN'S SOFTBALL

Day: Wednesday Time: TBD Dates: July 31 – September 18, 2019 Fee: \$150.00 per team. Registration closes July 28, 2019. Description: 4 team minimum to run league

TOURNAMENTS

Tournaments are a great way to highlight the kids, teams, and the community of New Glarus. If you feel like hosting a tournament, please contact the Park and Recreation Director, Chris Rear, at (608) 438-4828 or email at <u>parkandrec@newglarusvillage.com</u> Fee for field usage is \$75.00 per field (includes use of concession stand) plus other applicable licensing fees.

VOLUNTEERS

Cooperation and commitment are required for all of our youth baseball and softball programs to be successful. Volunteer coaches are needed! Please indicate your interest while completing the online registration process. Each team needs at least two volunteer coaches. This is a great opportunity to get involved and become a wonderful role model for the children within the community. No experience is necessary. The Recreation Department can offer many different coaching techniques to beginner coaches. Get involved! The kids will thank you! There will be a mandatory coaches meeting for all volunteer coaches at a time TBD. Please plan on attending. **Teams without volunteer coaches will be canceled.**

UMPIRES

Umpire, as well as coaching, is an essential part of the game of baseball and softball. Umpires are needed! Please indicate your interest while completing the online registration process. Each game needs two (plate and bases) umpires. This is a great opportunity to get involved and become a role model for the youth of New Glarus. Experience and/or baseball/softball knowledge is preferred, but not required. Get involved. The kids will thank you. There will be a mandatory umpires meeting at a time TBD. Please plan on attending. Pay for games is \$20.00 for plate and the bases.

POOL HOURS, POLICIES, AND FEES

DATES AND HOURS

Opening Date: May 28, 2019. This date is subject to change based on weather and staffing. Please check village website for up-to-date information. **Closing Date:** August 31, 2019

Hours:

	Monday-Friday	Weekend
May 28 – June 6, 2019	4:00-8:00 pm	1:00-8:00 pm
June 7, 2018 – August 31, 2019	1:00-5:00 pm 6:30-9:00 pm	Saturday 1:00-8:00 pm Sunday 1:00-5:30 pm 6:15-8:00 pm
July 4, 2019 ONLY	1:00-5:00 pm	

INCLEMENT WEATHER POLICY / CLOSURE

As much as we dislike closing the pool, sometimes we must if weather or low attendance dictates the situation. The following conditions will result in closing the pool:

- On deck temperature of 65 degrees or less and/or inclement weather is forecasted.
- If above 65 degrees, but less than 10 people are swimming from 1-2 pm, the pool will close until 5 pm. At 5 pm the pool will re-open.
- If still above 65 degrees at 5:00 and less than 10 people are swimming, the pool will close at 7 pm.
- If lightning and/or thunder occurs, the pool will be immediately cleared for a minimum of 30 minutes. For every lightning and/or thunder subsequent to the initial occurrence, the 30 minutes clock restarts.

If these situations arise, the Recreation Department will post a message on the Village of New Glarus Facebook page and leave a voice message for all programs involved. If you would like to inquire about possible cancellations or postponements, please check our Facebook page or call 527-5095

OPERATIONAL PROCEDURES

Our pool staff is committed to providing a safe and enjoyable experience to everyone using the pool facilities. In order to ensure the safety of all users, a few procedures have been implemented:

- Children requiring diapers must wear "Little Swimmers".
- Children aged 7 and under must be accompanied by an adult.
- Persons with infectious or contagious conditions will be refused admission.
- Swimwear (not street clothes) must be worn in the pool.
- Alcohol/Tobacco is Prohibited
- No life vests or floatation devices allowed
 - Patrons are not allowed to wear life jackets or bring in personal floatation devices (PFDs) at any time. Flotation devices can provide a false sense of security, discourage parents from watching their kids and make it harder for lifeguards to do their jobs. We want to teach water acclimation and water safety and teaching people how to be comfortable in the water and how to swim, not be reliant on these devices.

POOL FEES

SEASON PASSES: Register by April 30, 2019 and receive a 5% discount.

Family Pass (2-4) *see definition to the right	Resident - \$95.00, Non-Resident - \$165.00	*For the purposes of a family pass, a
Additional Members	Resident - \$11.00, Non-Resident - \$15.00	family is defined as a couple
Single Pass	Resident - \$50.00, Non-Resident - \$85.00	(married or not married) living
Single Child Pass (under 4)	Resident - \$20.00, Non-Resident - \$25.00	together, and their natural, adopted
Summer Daycare Provider Pass	\$10.00	or foster children, whether living
½ Price Passes	Begin August 1, 2018	with parent or not.

DAILY FEES

Adult	Resident - \$3.00, Non-Resident - \$5.00
Child	Resident - \$2.00, Non-Resident - \$3.00

SWIMMING LESSONS

Lessons will be held between the hours of 8:30 a.m. and noon, Monday through Thursday and last 45 minutes each day. Sessions are filled on a first come first serve basis. Maximum of 20 swimmers per class. It is necessary to register and pay all fees during the program registration times to guarantee your spot.

Lesson assignments will be posted at the Village Hall, on the Village's website <u>http://www.newglarusvillage.com</u> and at the Pool. No changes to the lesson schedule will be made after the posting of the schedule.

LESSONS COST: Register by April 30, 2019 and receive a 5% discount

With a Season Pass	\$20.00
Without a Season Pass	\$45.00
Splish Splash	\$25.00 Resident / \$30.00 Non-Resident

SESSION DATES

Splish Splash	Session 1- June 16-July 14 (Sundays) Session 2- July 21- August 18 (Sundays)
Session 1	June 17 – June 27, 2019 (Monday-Thursday) *Summer School Runs during this session*
Session 2	July 1 – July 11, 2019 (Monday-Thursday) *Week of July 4: No lesson on Thursday, July 4; will have lessons Friday, July 5.
Session 3	July 15 – July 25, 2019 (Monday-Thursday)
Session 4	July 29-August 8, 2019 (Monday-Thursday) *Summer School Runs during this session*

Classes are 45 minutes long for two weeks, Monday-Thursday. Each class will be capped at 20 swimmers. Class times: 8:40-9:25, 9:40-10:25, 10:45-11:25

SWIMMIING LESSONS DESCRIPTION

Splish Splash – For children ages 2-3.

This class is designed for toddlers 2-3 years of age. Child must be able to successfully participate in class environment and be potty trained (or with instructor approval). This class will be strictly limited due to teacher: student ratios.

Preschoolers – Must be at least 4 years of age.

This class is intended for water acclimation and includes blowing bubbles, ducking head under water, individual and group water activities, jumping in, splashing water, kicking holding on to the deck, and front float for advanced toddlers.

Level 1 – Water Exploration

This level includes supported floating and kicking on front and back, alternating arm action, water safety rules, how to get help in an emergency, reaching assists without equipment, and fundamentals of using the life jacket.

Level 2 – Primary Skills

This level includes floating and kicking, rhythmic breathing, combined stroke on front and back, turning over front to back/back to front, reaching and extension assists, and familiarity with rescue breathing.

Level 3 – Stroke Readiness

This level includes fundamentals of elementary backstroke, jumping into deep water with a life jacket, diving from side of pool, treading water, self-rescue skills, and rescue breathing. Students are also introduced to the whip kick and dolphin kick.

Level 4 – Stroke Development

This level includes deep water bobbing, dives from the side of the pool from stride and standing positions, breaststroke, butterfly and sidestroke, turns at the wall, and familiarity with CPR.

Level 5 – Stroke Refinement

This level includes alternate breathing, swimming underwater, butterfly, open turns-front and back, diving safety, and beginning diving progression from diving board.

Level 6 – Skill Proficiency and Advanced Skills

This level includes approach and hurdle on diving board, tuck and pike surface dives, face up, and approach stroke. Incorporating learn to swim skills and activities into lifetime skills,

springboard dive in tuck and pike positions, in-water rescue techniques utilizing equipment, conditioning principles, review basic water safety skills, and assist with a backboard rescue.

BIRTHDAY BUBBLES

Make a splash with your very own party at the pool. Fun for family and friends. Dates: Friday nights, and Saturday and Sundays mornings. Time: 8:00 am – 12:00 pm Pool Rental Fee: 2 hours / \$100 Maximum # of Swimmers: 20 **Reservations:** Please contact Megan Buol or the Village of New Glarus at 527-2510 for a form.

ADULT POOL PROGRAMS

Adult Water Aerobics

Day: Tuesday and Thursday Dates: June 11 – August 15, 2019 Time: 5:30-6:15 pm Fee: Register by April 30, 2019 and receive a 5% discount. \$45 Resident / \$50 Non-Resident Description: Splish, splash, jump, kick and swing into shape. A great chance to cool-down after your summer days with a hot workout! Enjoy the exercise, the water and the social fun! Lowimpact and High-impact classes' available based on interest.

Early Bird Lap Swim

Day: Monday-Thursday Dates: June 10 – August 15, 2019 Time: 5:45-7:00 am Fee: Register by April 30, 2019 and receive a 5% discount. \$45 Resident or \$3 / Session. \$50 Non-Resident or \$4 /Session

SUGAR RIVER RAPIDS – SWIM TEAM

Sugar River Rapids (SRR) swim team is a great summer activity for swimmers of all ages and skills. Swimming teaches lifetime athletic and fitness skills as well as builds self-confidence and self-motivation. SRR is a recreational summer league where swimmers learn and practice all competitive strokes and are eligible to participate in home and away swim meets. Children advance at their own speed and compete against swimmers of comparable ages and skill levels.

Eligible participants must be able to swim a minimum of one pool length freestyle without stopping, multiple lengths during a 45 minute-1 hour practice and have passed the deep-water test. No previous swim team experience required.

Cost: \$70.00 (includes swim cap and team t-shirt). \$20.00 late fee after May 1, 2019. Scholarships are available. To register, and for more information about practice times and upcoming meets, please visit www.srrswim.com.

RESERVING – PARKS AND SHELTERS

Parks and the Park Shelters can be rented for the day for special events, i.e. birthday parties, family reunions, etc. Please contact the Village Clerk's Office at 527-2510 to reserve a Park Shelter. Applications for park and shelter use may be obtained at village hall or from our website: <u>http://www.newglarusvillage.com</u> No alcohol is allowed in the Village Parks.

FEE: Resident - \$25.00/day. Non-Residents - \$35.00/day

ALPHORNMAN TRIATHLON

Register for the New Glarus Alphorn Man Sprint Triathlon. The race will be a ¼ mile swim, 15 mile bike ride and 3 mile run. The race will begin with a swim in our Village Pool, then bike through the scenic countryside of New Glarus, and finish the race in the festive atmosphere of the downtown streets.

Site: New Glarus Village Park
Race Day: August 4, 2019
Race Time: 7:30 a.m.
Registration: Online Registration - Closes at 8:00 am on Friday, August 2, 2019
Website: www.newglarusalphornman.com
Individual - \$60.00 (includes Tech/Dry Fit T-Shirt!)
Relay - \$80.00 (includes Tech/Dry Fit T-Shirts!)
"Day Of" Registration – Individual is \$75.00, Relay is \$90.00, (Please note that we cannot guarantee Shirts for "day of" registrants).

ALPHORNKIDS - SPLASH 'N DASH (KIDS BIATHLON)

We're excited to offer the second annual New Glarus AlphornKids Splash-n-Dash! This event combines swimming and running and gives kids a taste of what it's like to participate in a triathlon. The AlphornKids Splash-n-Dash will begin with a pre-race briefing near the flag pole in the Village Park at 10:30 am on Sunday, August 5th. Participants will swim in the village pool before they head into the transition area and then take off on their run.

Site: New Glarus Village Park
Race Day: August 4, 2019
Race Time: 10:45 a.m.
Registration: Online Registration - Closes at 8:00 am on Friday, August 2, 2019
Website: www.newglarusalphornman.com
Cost: \$15 (Includes T-shirt)
"Day Of" Registration - \$15.00. (Please note that we cannot guarantee Shirts for anyone who registers after July 21st).

Age Groups and Distances

- 4-6 year-olds: 12 ½ yard swim in shallow area of the pool and one lap around the Village Park
- 7-9 year-olds: 100 yard swim and 2 kilometer (1.2 mile) run
- 10-12 year-olds: 200 yard swim and 2 kilometer (1.2 mile) run