



5K Corner (Make that “3K Corner”)

Along with the “5K at Santa Fe” Kare Youth League is having a 3K especially for youngsters. Children as young as 5 and 6 years old will get the experience of being in a big race, but with a shorter distance.

They will start behind the adults but at the same “starting line.” And they will have the same T-shirt and running bib as the grownups. This event is intended to encourage children to love running...but if they get tired and want to walk, that’s OK too (also just like the adults).

For children who already love running and are competitive there will be “chip timing” and awards for the top three in each category.

The 5K and 3K are on Saturday morning, November 12 at the Santa Fe Dam Recreation area. Registration for the 3K is only \$15, but sign up early because the price goes up after October 31. (See the “5K at Santa Fe” brochure for details.



These fellas can't sign up for "The 5K at Santa Fe" but you can. Sign up in one of our offices or go to the website kyl.org/5k. We'll make sure they stay out of your way.

Parent Talk Is that Really True?

“Children who participate in inter-scholastic sports are more likely to also have better grades in school.” This from B.A. Broh in his book *Sociology of Education*. His study supports many other studies done showing a correlation between good grades and extracurricular activities. In particular Mr. Broh saw better Math and English scores from high school students who were part of a team.

The *Sociology of Sport Journal* conducted a longitudinal study of 22,696 high school students in 1,052 schools and found that both male and female athletes had higher grades, higher educational aspirations, and fewer school discipline problems than non-athletes.

We have known this for quite some time here at Kare Youth League. Being involved in team sports is also a great way to learn respect for others, selflessness, and working together which, not only helps in the classroom, but makes a big difference in a child’s future workplace and contribution to society in general.

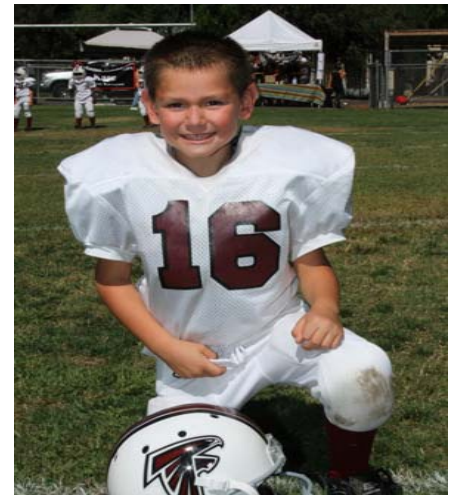
Looking for a Missing ...?

Many children have a hard time keeping track of things like jackets and sweatshirts. The lost and found in Arcadia is located by the clubroom buildings just outside the RHP school office. In Covina, missing articles can be found in the office, and in Upland, they are kept in the clubroom. Make sure you check it out. Items left too long are given to charity.

Warm Up and Training Pointers

Here are just a few training pointers from “justrun.org” to help you prepare for the 3K and 5K

- 1) Always stretch and walk or jog a bit before running.
- 2) Start slowly and then pick up the pace.
- 3) To gain endurance while training, gradually increase your distance in the weeks leading up to the race.
- 4) It is OK to walk a little in your training.
- 5) Always stretch and walk or jog a bit after running.



Picture Day for FSU & Georgia



All the Florida St. & Georgia boys (A Division on up) will be having their Picture Day in Covina this Saturday, October 22. The CB & B Division boys will take their pictures after their night games in Arcadia. The picture package is \$20 (some of the money does go directly to the team for equipment expenses).



KARE YOUTH LEAGUE GAMES AND ACTIVITIES



BOYS' DIVISIONS

Great Start Division

Arcadia Boys	11:00	A-2
Covina Boys	11:00	C-1
Upland Boys	11:00	U-1

CB Division
Thursday, October 20

Georgia vs. Kentucky	4:30	A-2
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Saturday, October 22

FSU vs. Georgia	6:00	A-1
Falcons vs. UNC	1:30	U-1
Kentucky Bye		

B Division
Tuesday, October 18

Georgia vs. Kentucky	4:30	A-2
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Saturday, October 22

FSU vs. Georgia	7:00	A-1
Falcons vs. UNC	2:45	U-1
Kentucky Bye		

A Division
Football Games

FSU vs. Georgia	1:15	C-2
Falcons vs. UNC #2	4:00	U-1
UNC #1 Bye		

AA Division
Wednesday, October 19

Georgia vs. Kentucky	4:45	A-3
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Saturday, October 22

FSU vs. Georgia	11:15	C-2
Falcons vs. UNC	12:00	U-1
Kentucky Bye		

AAA Division
Wednesday, October 19

FSU vs. UNC	4:30	C-2
Georgia vs. Wildcats	4:30	A-1

Saturday, October 22

FSU vs. Georgia	9:15	C-2
Falcons vs. UNC	9:15	U-1
Kentucky Bye		

Pac-12
Football Games

Friday, October 21

Stanford vs. UCLA	5:15	A-1
USC vs. Cal	7:00	A-1

GIRLS' DIVISIONS

Royal Friends
Dance lessons, make Sleeping Beauty Magic Pudding, and Meeting. Wear any leotard and tights and bring your ballet and tap shoes.

Saturday, October 22

Covina	9:00-10:30	C
Arcadia	9:00-10:30	A

Thursday, October 20

Upland	5:00-6:15	U
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Karenas
Monday, October 17 (Volleyball)

Arcadia Teams	4:15	A
Covina Teams	4:15	C

Saturday, October 22 (Cheer)

Falcons & Tarheels	9:15	U
Seminoles & Bulldogs	9:15	C
Kentucky Wildcats	TBA	

Pac-5 B Division
Volleyball Games

Monday, October 17

Huskies vs. Hawks	5:30	A
Ravens vs. Panthers	5:30	C

Saturday, October 22

Cougars vs. Hawks	1:00	A
Huskies vs. Ravens	1:00	C
Panthers Bye		

Monday, October 24

Panthers vs. Huskies	5:00	A
Cougars vs. Ravens	5:00	U

Pac-5 A Division
Volleyball Games

Monday, October 17

Huskies vs. Hawks	4:30	A
Ravens vs. Panthers	4:30	C

Saturday, October 22

Cougars vs. Hawks	2:15	A
Huskies vs. Ravens	2:15	C
Panthers Bye		

Monday, October 24

Panthers vs. Huskies	5:00	A
Cougars vs. Ravens	5:00	U

Gameday Forecast
for Saturday, October 22

Another cool fall day...NOT!, High 82°

FOOTBALL & VOLLEYBALL STANDINGS

FOR GAMES THROUGH OCTOBER 10

CB	W	L	T	Kar. B (Arc)	W	L
FSU	2	0	0	Wildcats	8	2
UNC	1	0	2	Kentucky	5	5
Georgia	2	1	1	Georgia	4	6
Falcons	1	3	0	Bulldogs	3	7
Kentucky	0	2	1			

B	W	L	T	Kar. A (Arc)	W	L	T
FSU	2	0	1	Georgia	4	0	1
Georgia	1	0	2	Wildcats	2	0	3
Falcons	2	1	1	Bulldogs	2	2	1
UNC	1	2	0	Kentucky	2	3	0
Kentucky	0	3	0				

A	W	L	T	Kar. (Cov)	W	L
FSU	2	0	1	Tarheel#1	10	0
Falcons	3	1	0	Tarheel#2	6	4
Georgia	2	1	1	Seminole#2	3	7
UNC#2	0	2	0	Seminole#1	2	8
UNC#1	0	3	0			

AA	W	L	T	Pac 5 "B"	W	L
FSU	3	0	0	Hawks	3	0
UNC	3	0	0	Ravens	3	1
Georgia	1	2	0	Huskies	1	2
Kentucky	1	2	0	Cougars	1	2
Falcons	0	4	0	Panthers	0	3

AAA	W	L	T	Pac 5 "A"	W	L
FSU	3	0	0	Hawks	3	0
UNC	3	0	0	Panthers	2	1
Georgia	1	2	0	Cougars	2	1
Falcons	1	3	0	Ravens	1	3
Kentucky	0	3	0	Huskies	0	3

Pac-12	W	L	T
USC	3	0	1
UCLA	2	1	1
Stanford	2	2	0
Cal	0	4	0

KARE CALENDAR

Halloween (no Karena activities)	Oct. 31
RHP Homecoming	Nov. 4
Daylight Savings ends	Nov. 6
Election Day	Nov. 8
Pearl Prep Grandparents Day	Nov. 10
Veterans Day (no activities)	Nov. 11
5K & Future Bowl	Nov. 12
Thanksgiving (no activities)	Nov. 23-27
Monrovia Christmas Parade	Dec. 1
Championships	Dec. 2 & 3
Royal Friends Dance Recital	Dec. 6
Basketball begins	Dec. 10
Santa's Breakfast	Dec. 10