

# Running Club 2018

**Awards** are 5 mile increments up to 25 miles. After 25 miles, 25 mile increments.

- 25 = 25 token
- 50 = 50 token + shirt
- 75 = 75 token + chain + Pizza Party
- 100 = Trophy
- 125 = 125 token
- 150 = 150 token
- 175 = Runner token
- 200 = 200 token
- 225 = pencil
- 250 = 250 token
- 275 = cardio vascular fitness charm
- 300 = 300 token
- 325 = sweat bead
- 350 = 350 token

## Running Club Procedures and Goals

The club runs from 7:15-7:28 sharp and again at recess. We must be ready for flag salute with our class by 7:30. Thank you in advance for your help. Your volunteerism keeps this club going.

## **Procedures and Goals**

Students work to become responsible for their own fitness.

Students will place their cards in their class box

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Five laps equals one mile

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Every five miles a student runs, a “token” will be awarded up to 25 miles.

Special Awards will occur every 25 miles after. (i.e. 50 miles = a “token” and a t shirt.)

Every student has a card with their name on it. Every grade level is a certain color.

The running club is open before school and at recess except for Kindergarten during recess

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Students must wait for a running club parent or employee before running on the track.

Awards are announced each Wednesday at morning court yard.

Thank you for your positive spirit and work with this running club. It truly gets our students ready for the day and builds a solid foundation for a healthy active lifestyle.

Respectfully,

***Mrs. Patterson***