

Cordley Elementary School Marathon Club

2012-2013 Information Sheet

Welcome to the Cordley Elementary School Marathon Club! We are excited to offer this program and are looking forward to a safe and fun year.

The goal of Marathon Club is to provide a sustainable fitness opportunity for Cordley students and their families. It encourages kids to challenge themselves to complete the goal of walking or running a mile or more two times per week throughout the school year until they achieve a full marathon distance of 26.2 miles. All mileage is tracked when students attend. After a student completes a full marathon, they earn a Marathon Club t-shirt, have their name read with the morning announcements, and get their picture posted on a wall inside the school building. In addition to these tangible awards, Marathon Club hopes to:

- Promote lifelong wellness
- Improve concentration in the classroom
- Provide students a sense of accomplishment
- Create a fun, non-competitive atmosphere for all participants

Important Details

- Weather permitting, Marathon Club will be held on Tuesday and Friday mornings from 8 to 8:35 am, beginning on **Friday, September 7**. Volunteers will not be in place before 8 am. For safety reasons, do not drop students off before that time. Students wishing to eat school breakfast will need to begin at 8:00 am so they have time to eat breakfast before the start of the school day.
- Students will be running/walking on the inside perimeter of the north playground. Six laps around the playground is roughly equivalent to one mile. Each time a student passes the starting point, he/she will receive a raffle ticket indicating completion of one lap. The total number of laps completed will be recorded during the check-out process. Students will be able to see their progress toward marathon completion each day they participate.
- All Cordley students K-5 are encouraged to participate. Children in grades K-2 must have a parent/guardian with them in order to participate. Children enrolled in the Boys & Girls Club morning program will have a Boys & Girls Club program representative serve as their guardian. All other parents/guardians and siblings are invited and encouraged to participate as well.
- Students must have a signed consent form to participate. Students will not be able to begin without this form on file with the club. Please submit completed forms to the Cordley office, preferably before the first day your child participates so we can get them entered in our records.
- Our weather policy is in line with that of the District's guidelines for outside recess: We will cancel if there is rain, snow, icy sidewalks, and/or temperature or wind-chill of 15 degrees or below. Cancellations will come via email by 7:15 am.
- Please have students dress appropriately, including proper shoes. It might be cold and windy on some Marathon Club days, so send a hat and/or gloves when needed. Also send a water bottle as students are not supposed to go inside until 8:35 am.
- There will be no supervision of or responsibility for children who are dropped off and who do not participate in Marathon Club.
- Volunteers are needed to help with the check-in and check-out process and to help track completed laps. We'd love to have you as a Marathon Club volunteer. If you are able to help regularly or just from time to time, please check the box on the consent form and we will contact you with more details.

If you have questions or need additional information, you can always reach us at cordleymarathonclub@gmail.com. We are excited to see you and your student(s) on the playground!