**Mile Club Rules**

**Code of Conduct**

**2012-2013**

As a member of the Sunset Lake Mile Club I hold myself responsible for being an

honest, responsible, caring and respectful member of this club.

I will do my best to put forth great effort while working hard to improve my overall

fitness and improve my cardiovascular endurance and strength.

**Rules & Expectations of Members:**

1. Run one mile per/week during recess as often as you can.
2. Be kind to other members of the club and treat each one with respect.
3. Keep track of your neck chain and toe tokens.
4. Do your best to encourage others whenever possible.
5. Only take one toe token per mile.
6. Wear your neck chain on Thursdays!
7. Come prepared to run in tennis shoes and comfortable clothing.

**\*Note: Mile Club will not replace any lost/stolen toe tokens. Lost neck chains can be purchased for $1.00 if needed. It is your responsibility to keep track of your Mile Club collections**.

Good Luck and Happy Running!

Mrs. Getsinger Mile Club Coordinator 269-321-1537