Sunset Lake Mile Club

**Mile Club is a club designed mainly for the purpose of improving the over-all health/fitness of students here at Sunset Lake Elementary. Mile Club will give students the chance to run a mile once a week and will help to improve cardiovascular endurance and strength.**

**Studies show that, “Fit kids get better grades in school!” We want healthy, happy kids!**

**When you run/walk a mile every Thursday, you will receive one toe token for your chain and the best gift you can give your body, EXERCISE!**

**Who can join?? Anyone in 2nd- 3rd- 4th -5th Grade!**

**Where: Sunset Lake Playground/Walking/Running Track**

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**When: Every Thursday during Recess!**

**Fee: $5.00 membership fee: (Please send in with this form!)**

**For this you will receive a neck chain (you choose the color) to carry all of your toe tokens (one toe token per mile!) and a mileage card to track all the miles you run. Once a month we will have a “Bulldog Run” where you can earn a Bulldog tag instead of a foot! Many colors to choose from!**

**Note: We will run on the new track every Thursday, until it becomes unsafe to run on ice during the winter months. We will begin this program on Thursday, September 27, 2012.**

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**I give (student name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ permission to participate in the Recess Mile Club at Sunset Lake!**

** (Parent signature)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Home phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Please direct questions to Angie Getsinger, Phys. Ed. Instructor @321-1537.**

**\*Extra Mile Club merchandise available for purchase! (See attached form.)**

**\*Please make checks payable to Sunset Lake Elementary.**

**\*We may increase the number of Mile Club runs to twice per week as the year progresses.**

**\* Please read the reverse side of this document for Mile Club Rules!**

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