

## Oak Park Eagles Mileage Club



Get fit and healthy while having fun with your friends!

The club will meet on Mondays from 2:35-3:15 in the backfield. Our running season will begin on October 8<sup>th</sup> and our last meet will be on April 8<sup>th</sup>. Students will be dismissed in the car loop on the East side of the school and must be picked up no later than 3:25. The attached permission/dismissal form must be filled out and signed prior to participation.

Each week the club needs at least one parent volunteer to help record laps and set up our water station-must be a registered volunteer with Brevard County Schools. I will be creating an electronic Sign Up with the dates that I am in need of helpers!

My goal for students who participate in our Mileage Club is to build endurance, set personal goals, and encourage community involvement. For each 20 laps (equal to 5 miles) students collect a green Oak Park running Foot!

The Oak Park Mileage Club is a 3<sup>rd</sup>-6<sup>th</sup> after school activity. My number one priority is safety. After the bell rings, students will be expected to fill up water bottles, use the restroom, and report to our check-in location (TBD)

Runners are expected to have self-control with their bodies and words, maintain consistent attendance, and set a goal to complete at least 6 laps each meet.

Mileage Club will be hosting our 2<sup>nd</sup> annual Oak Park Color Run in February!

Students are encouraged to focus on endurance and fitness. Space Coast Runners (SCR) has a youth series of non-competitive FUN RUNS around the county for youth ages 12 and under. The distances are quarter-mile, half-mile, and one mile. Of course, if you would like to enter the adult races, they are usually 5K's (3.1 miles). Visit [www.spacecoastrunners.org](http://www.spacecoastrunners.org) click on: **Youth Series** for more information.

Donations of small 3oz. paper/plastic cups for water are needed for the entire season.

Contact Mrs. Boucher-Jones

321-269-3252 ex 5004 or email [boucher-jones.brittney@brevardschools.org](mailto:boucher-jones.brittney@brevardschools.org)

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Parents Volunteers-please fill out info below, return to school with your child, and I will send you a sign up link!

Name: \_\_\_\_\_

Email: \_\_\_\_\_