

MORNING MARATHON CLUB 2021



Students, staff, families and friends are invited to join the fun as we begin our 11th year of **Morning Marathon Club (MMC)**! We will meet **7:15-7:45 a.m., Mondays through Fridays** on the high school track to walk/jog/run supervised ¼ mile laps. Our first day will be **April 19, 2021**. Our last day and day of celebration will be May 20, 2021.

The goal of this program is to give each participant a positive start to the day, establish a **routine of exercise and live a healthy lifestyle**. This will help them **build confidence and self-esteem** that comes from setting goals and crossing the finish line. It is also a great opportunity to talk to your child about setting personal goals: how many days will they participate...how many laps do they want to complete each day? Lace up those running shoes and let's get moving!

The first day each student participates, s/he must have a **signed permission form**. **If you would like your child to be eligible for prizes, choose a package and please return attached form** with check (made out to Chadron Public Schools) as soon as possible. **Last day to order will be Wednesday, April 28, 2021**. All MMC gear will be handed out as soon as we get them.

Some specifics about the Morning Marathon Club:

- **Each student MUST have a signed permission form before participating** (& \$10 to be eligible for prizes-scholarships are available for those in need).
- Comfortable school clothes and sport shoes are appropriate for walking/running.
- Parents and Staff are welcome (and encouraged!) to join in! However, students may walk/run unaccompanied.
- Parking, Parking, Parking! **PLEASE NO PARKING** in staff parking lot!
Primary Families should park on **ANN** Street
CIS Families should park on the **North end of CEDAR** Street
- ALL students **MUST check in at the press box** at the High School Track before they can begin!
- ALL students may begin any time between **7:15 and 7:30**. No runners may begin after 7:30.
- **ALL students MUST check out before leaving track**, or the day will not be counted!
- **CIS students** will be dismissed from track at 7:35 to allow time to travel to school.
- **CMS students** will be dismissed from the track at 7:45.
- **Primary Students** will be dismissed from the track at **7:50 to school personnel**. At 7:50, parents/guardians may walk their child to the Primary building; however, please remember the **playground is closed** before school.
- In case of bad weather, MMC will be cancelled. **A Remind Notification will be sent by 6:45a.m.** (text @morningmar to 81010 to sign up! Or to receive messages via email, send an email to morningmar@mail.remind.com.)
 - General guidelines for cancellation will be wind chill below 15 degrees, rain, snow, or wind gusts over 35 mph.
- **This program relies on a large number of parent volunteers**. The track will be supervised daily by VOLUNTEERS. We need you! **It's a great way to start the day with your kids!** If you have questions or would like to volunteer please **contact Mrs. Rischling (308-430-4122)**.



Morning Marathon Club Permission Form

My child(ren), _____, has (have) my permission to participate in the Morning Marathon Club.

My child(ren) is(are) in the following class(es):(Grade Level/Homeroom Teacher)

PRIMARY: KD KJack KJel KL 1B 1F 1G 1H 2C 2H 2P 2S

CIS: 3C 3G 3H 3O 4Grant 4Garcia 4M

CMS: 5 6 7 8 **CHS:** 9 10 11 12

My child has the following **special medical conditions:**

*If you have more than one child you are giving permission, please be specific with any medical conditions.

I understand the procedures and expectations for participants.

(Parent Signature)

(Date)

Phone: _____

Text? YES NO

Please call! **I am interested in volunteering** to help with the Morning Marathon. The day(s) that work best for me is(are):

Monday Tuesday Wednesday Thursday Friday

Please choose one of the following packages for each student* participating

*Adults/siblings may also purchase Hoodies/t-shirts, contact Mrs. Rischling for pricing & order forms. **Deadline: April 28, 2021**

_____ **Mini Marathon Package \$15**

Includes t-shirt, and MMC Celebration, and other incentives

_____ **Marathon Package \$35**

Includes t-shirt AND hoodie, MMC Celebration & other incentives

Circle **one** size: Youth Med Youth Large Youth XLarge
Per participant

Adult Small Adult Med Adult Large Adult XL

*Please add \$3 for Adult XXL, XXXL