

Dear Parent/Guardian:

We think physical activity is an important part of childhood development, which is why we are launching a running and walking program called Mileage Club®. The program is designed to help kids get fit and discover that fitness can be fun.

Mileage Club® is an opportunity for children in grades ___ to participate in a noncompetitive physical activity. The program will be conducted _____ days each week, for ___ minutes at a time.

No one needs special equipment or shoes to participate. Each child is free to run or walk as little or as much as they like within the designated time.

Participants will earn rewards for their achievements. For every _____ miles completed, each child will receive a Toe Token® to display on a chain or shoelace. For every _____ miles, they will receive a certificate of accomplishment.

We are confident your child will enjoy Mileage Club®. If you have any questions, feel free to contact me.

Sincerely,

Mileage Club® Coordinator

Dear Teacher:

Very soon we will launch Mileage Club®, and I want to clue you in to some of the details.

When Mileage Club® is open, the shoelaces on the poster will be tied (and vice versa). This saves you answering a thousand questions.

We use Tally Sticks™ to count laps. Students receive one stick for each completed lap. The sticks are collected and counted after each session. All Tally Sticks™ will be counted using the following process:_____

On our course, _____ laps equals one mile.

For every _____ miles a child completes, a Toe Token® is award.

For every _____ miles, a child receives a certificate of accomplishment.

At _____ miles, runners may sign their names to the Mileage Club® poster.

Mileage Club® is designed to be motivational and fun, not competitive or a chore. Encourage kids to see how much fun they can have while getting fit!

Sincerely,

Mileage Club® Coordinator