



Dear Elmwood Parents,

By now, I am sure you have heard about the Marathon Fitness Challenge, an exciting new running program being offered at Elmwood School. The program is sponsored by the Hopkinton Athletic Association and challenges students to run 26.2 miles over the course of 10 weeks. The incentive-based challenge is designed to teach kids the healthy and fun lifestyle of running. It is designed so the Marathon distance of 26.2 miles is achievable for everyone if you take it one mile (or a fraction of a mile) at a time.

How Marathon Fitness Challenge Works

Students will run $\frac{1}{2}$ mile twice a week during their Physical Education Class. That mileage will then be recorded in their logbooks. Students will be responsible for running additional miles at home with a parent or older sibling. The at-home mileage needs to be recorded on the At-Home Log Sheet (April's sheet is attached) and returned to school with a **parent signature** on the day of your child's Health Class. The at-home mileage will be transferred to the student logbooks each week. When students reach the 13.1 mile distance they receive a Marathon Fitness t-shirt. All Marathon Fitness Challenge students who finish the 26.2 miles will receive a medal and certificate. In addition to individual incentives, the 2nd and 3rd grade classrooms that log the most miles combined win a special reward of a Classroom Beach Party!

- **The week of April 7th**- Every student receives a water bottle and logbook to record mileage during their Health Class.
- **April 7th- June 9th**- In-school and at-home miles run and recorded. The logbooks will be kept at school and all in-school miles and at-home miles will be recorded during the child's Health Class.
- **June 10th**- Awards Ceremony on Field Day for Grade 2.
- **June 11th**- Awards Ceremony on Field Day for Grade 3.

The program's emphasis is on total miles, not speed. Please help your child pace themselves-start out slow! Encourage them to start with a $\frac{1}{4}$ mile and work their way up. Make it fun, the more the merrier, invite neighborhood kids along for the run or make it a family event. Remember to run the HPTA Mini-Marathon and record that distance on your at-home log sheet. Think fun and fit!

Thank you for your support. We hope this is a rewarding and fun experience. In addition to being fun, we hope that this program will teach kids to be patient and dedicated to the process of completing a marathon. It can be done, one mile at a time...

For more information on the program, please visit the Elmwood Website www.hopkinton.k12.ma.us/elmwood. Should you have any additional questions or comments please don't hesitate to contact us.

Sincerely,

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Principal

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