

## Running Club Guidelines

9/8	9/8	9/8		


Name: Ronald Runningback

H. Teacher Mrs. Jogger

Total miles run 5      Date Turned In \_\_\_\_\_

**Running Card**

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- Every student is encouraged to run/walk 1lap each day after lunch and more if time allows.
- 5 laps = 1 mile
- Each card is worth 5 miles.
- 1 running card is due each quarter for grades 3 -6.
- 1 running card is equal to a C average.

### Filling out the card:

- Write complete name, first and last. Then homeroom teacher.
- Fill in the blank of miles currently working on. 5, 10, 15, etc.
- Write the date of the lap completed in the small box. Example: if 4 laps are run, then 4 boxes are filled out with that date.
- **Any laps run during PE, fill in the blank with PE instead of the date.**
- Any student who competes in a sanctioned race will receive 1 running card for participation. *Proof of competition is required.*
- When 25 laps are complete, turn the card in to the correct card container, located on the window sill by the PE office.
- Pick up a new running card.
- Toe tokens are awarded for every card. Special tokens are given for 25, 50, 75 and 100 miles completed. Trophies are awarded to those students who complete 100 miles or more.