

# Family Marathon and Fitness Day

**Friday April 27, 2018**

Join us for the 2018 Farmington Woods Family Marathon & Fitness Day. This marathon is structured to allow our students to walk/jog/run a full 26.2 mile marathon at a rate that is fun and safe for their growing bodies. We want this to be a family affair. We want parents, siblings, grandparents, etc.... to join in by completing their own marathon along with the student's. Our goal is to support a family's effort to make regular exercise a part of their healthy lifestyles.

FWES supports the Healthful Living Essential Standard: *Understand the importance of achieving and maintaining a health-enhancing level of physical fitness*, through our family marathon and fitness day.

## **What is involved?**

Use this link: [www.SignUpGenius.com/go/10C0949ADAE2D6-2018](http://www.SignUpGenius.com/go/10C0949ADAE2D6-2018) to register for the event and receive training emails and event updates. Students will record the accumulation of miles up to twenty-five from home using the running log provided (Electronic Monday Folder for February 19, 2018). We will have the culminating event on Friday April 27, 2018. Students will run the final 1.2 miles at school with their classroom and parents are invited to attend and run with their child. **Anyone coming to participate with a student must plan to stop in the office and sign in as a visitor.**

The culminating event we will begin with sixty seconds of pushups, followed by sixty seconds of curl-ups and concluding with the final 1.2 miles.

To encourage participation we will have a school wide competition:

1. The class with the highest percentage of student participating in family marathon (record sheets turned in) will be recognized of the FWES TV news.

## **Save the dates:**

1. **Monday February 26, 2018** Registration Information Due Date:  
*Complete the registration: [www.SignUpGenius.com/go/10C0949ASAE2D6-2018](http://www.SignUpGenius.com/go/10C0949ASAE2D6-2018)  
Students may start recording data from February 26 through April 20.*
2. **Friday April 20, 2018** Running Logs Due Date:  
*Students must return their running logs to their classroom teacher to show evidence of completing 25 miles prior to the final 1.2. The final celebration is to honor students who have kept their commitment to train and have met their goal. If your child has not completed their training by the date required, they may complete it on their own and come to Mr. Eller any time before the end of the school year.*

3. Friday April 27, 2018 Final 1.2 mile run and fitness activities at school.

**What happens next?**

Once you register, the fun begins. Students will walk or run a few days each week. Record data on the sheet provided to help students work towards their goals. Parents, please check progress along the way and sign for each mile your child completes. When students run or walk all 25 miles, they may turn in their running log to their classroom teacher. **Any student who completes the 26.2 mile challenge will receive a certificate.**

Walking and running are exercises that help keep our children healthy and strong. Pushups, curl-ups and mobility/flexibility activities ensure balance to our children's personal fitness development. Start a life-long habit of exercise by registering for the Farmington Woods Family Marathon and Fitness Day today! Please contact Mr. Eller ([deller@wcpss.net](mailto:deller@wcpss.net)) if you have any questions or concerns. Registration form attached.

