

Run Across America

2010-2011

Dear Parents ,

Each year, students in grades 3, 4, & 5 are invited to participate in an extracurricular activity program. This program, "Run Across America," is designed to encourage and support an active lifestyle. Student document activities completed before and after the school day (forms are available for student from the gym). Miles are converted and plotted on a map. Students are rewarded with a certificate and a token to recognize milestone achievements along the way. Incentives are offered, such as double mileage for activities in which parents are with their child, and National Walk to School Day, for further motivation. At the end of the year, student achievements will be recognized at an awards assembly. The document form can be found online: <http://ces.hcpss.org/CES%20Document%20Downloads#Team%20News>

How to Earn Miles

1. Walking or running any distance that can be measured accurately.

Examples: Walking to school, running on a track, wearing a pedometer.

2. Continuous and vigorous activities lasting at least 30 minutes will be converted 1 mile per 30 minutes of activity.

Examples: Tagging games, swim practice, cycling, basketball, soccer, etc.

The milestones are as follows:

300	(6 miles)	West Virginia
500	(10 mi.)	West Virginia
700	(14 mi.)	Tennessee
1000	(20 mi.)	Arkansas
1300	(26 mi.)	Oklahoma
1500	(30 mi.)	Texas
1700	(34 mi.)	New Mexico
2000	(40 mi.)	Arizona
2300	(46 mi.)	Arizona
2500	(50 mi.)	California line
2687	(54mi.)	Los Angeles, CA

