

Monroe School

VIRTUAL Monroe Milers Club Spring 2021

All In-Person and Remote Monroe Students are invited to participate in **VIRTUAL** Monroe Milers Club. This is an opportunity for students to tune up their cardiovascular endurance.

Students are responsible for walking or running their own one mile course at home, under the supervision of parents. Students may use electronic devices to track miles.

“Toe Tokens” are earned for each mile completed during the Virtual Monroe Milers Club. Tokens may be attached to shoe laces or worn on a lanyard. **Monroe Milers Spring dates will be from April 26 to May 31, 2021.**

Student can select any four days during the week to run/walk. They can run between 1-3 miles on each day. The maximum per day is 3 Miles. Students may receive **No More Than 12 Toe Tokens Per Week.**

Please use the Monroe Milers Log and have your parents sign it. **Turn in all Running Logs by June 1st to Mrs. Andreoni or Ms. Golden.** Remote students can arrange to pick up tokens before or after school.

Bonus feet will also be awarded, after the completion of spring milers. Fill out the Bonus Feet Form

Lace up your running shoes!! We can't wait to see all those miles add up!

Mrs. Andreoni and Ms. Golden