



# MILEAGE CLUB – *Get Fit, Have Fun*

Mileage Club provides a great opportunity for students to run or walk for fitness once a week from 8:40 - 9:00 am. On your assigned morning, please have your student(s) at the Evergreen track by 8:35 am. Total laps completed are recorded daily and students will earn tokens throughout the year to acknowledge their efforts.

<b>Tuesdays:</b> Last name A-L	<b>Fridays:</b> Last name M-Z
<b>Fall Dates:</b> Tuesday, September 29 - Friday, November 20	<b>Spring Dates:</b> Tuesday, March 15 - Friday, May 13

**New for this year:** Due to the popularity of this activity and increased safety concerns, **parents will only be able to park along the back row of the school parking lot.** Street parking poses many dangers and disrupts the flow of traffic during parent drop off. The spaces in the middle of the lot are reserved for teachers and staff. We ask that you please respect this new policy so that everyone stays safe, drop off is efficient and the school staff has ample space to park. Drop offs and carpools are welcome!

Volunteering is an easy way to cheer the kids on while helping the program run smoothly! Please indicate below if you are interested in helping!

There will be a parent informational meeting on **Tuesday, September 22nd** from 9:30-10 in the cafeteria.

**We will have access to minimal first aid supplies, as the school nurse is not on the premises before school hours.** We will not have access to medication, inhalers, epi pens, etc. Please be aware that if your child is ill or injured, we will contact you to collect them. Evergreen staff and volunteers are not liable for any injuries during Mileage Club.

Students should wear sneakers and dress appropriately for the weather. An email will be sent to all families and a message posted on the PTA’s Facebook page in the morning if Mileage Club is cancelled due to inclement weather.

Appropriate behavior is expected from all Mileage Club participants; they must exhibit Chesterfield County Public Schools’ Core Values of respect, responsibility, accountability, and honesty.

Due to limited space on the running track, Mileage Club enrollment is limited to the first 300 students who turn in the below form to their teachers. Parents are asked to fill it out **completely.**

Please contact Carolyn Haynes or Deb Johnson at [mileageclub@eepta.com](mailto:mileageclub@eepta.com) with any questions.

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### Mileage Club Permission Form

I permit (print student’s name) \_\_\_\_\_ to participate in the Mileage Club program and she/he agrees to follow CCPS Core Values throughout the program.

Parent/Guardian Name \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

List any special needs or medical concerns \_\_\_\_\_

Phone number you can be reached from 8:35-9:00 in case of emergency \_\_\_\_\_

**Email address** (please print clearly) \_\_\_\_\_

Student’s Grade and Teacher \_\_\_\_\_

I am interested in volunteering:    Y            N