

2018 FOREST VIEW ELEMENTARY **6TH ANNUAL FAMILY MARATHON**

Announcing the 6th Annual Forest View Elementary Falcons Family Marathon!

Lace up those running shoes and join us for the 6th Annual FVE Falcons Family Marathon this Fall! This event is structured to allow kids and their families to walk or run a full 26.2 mile marathon TOGETHER at a rate that is fun and safe for their growing bodies. Families walk or run 25 miles between now and November 9th. Then they join all participating students for the final 1.2 miles at school on Friday, November 16th. This is a FAMILY event! That means parents, brothers, sisters, grandparents and friends are encouraged to join in the fun. Our goal is to support families in developing a regular exercise routine, as part of a healthy lifestyle.

IMPORTANT DATES

START DATE: TODAY!!! Sept. 19th

PERMISSION FORMS DUE DATE: Friday, Nov. 9th

LAST DAY FOR COMPLETED WALK/RUN LOGS: Friday, Nov. 9th

CELEBRATION EVENT/RACE (FINAL 1.2 MILES AT SCHOOL): Friday, Nov. 16th

What is a Marathon?

In ancient Greece, Philippides ran from the plains of Marathon to Athens to report about the Persian War. That is where the marathon got its name.

Thousands of years later, people still run, but now they do it for fun. About half a million people run marathons every year! People who run marathons train a lot. The human body must be in good shape to run a marathon as it is 26.2 miles long! Many of our teachers will be joining us as well!

How do you sign up?

Complete the attached entry on the back of this sheet and give it to Coach T by **Nov. 9th**. Additionally, you must submit your Running/Walking Logs with the first 25 miles completed and recorded on the calendar provided no later than **Nov. 9th**.

****No student participant will be allowed to run/walk the final 1.2 miles at Forest View without finishing the required 25 miles first.****

What happens next?

Once you sign up the fun begins! You and your family will walk or run a few days each week. Mark the spaces on your running log to show how far you've gone. Your parents will check your progress along the way. When you have run or walked all 25 miles, turn in your running log to Coach T. Runners and walkers will complete their final 1.2 miles back at school as their classmates and families cheer them toward the finish line!