

# The White Oak Family Marathon



## Boost Your Family's Health and Wellness in 2022

White Oak Elementary, we are excited to announce the return of the White Oak Marathon! Students and families of White Oak Elementary are invited to participate. The fun will begin on **October 8th**. On this date you can start logging your first 25 miles. You can walk, jog, or run your miles. The fall is a great time to get out and enjoy the cooler weather.

During the afternoon of **November 18**, White Oak Marathoners (whole family is welcome), will complete their **final 1.2** miles on a pre-measured course around our school. The Marathon is structured to allow families and children - **kindergarten through fifth grade** - to complete a full 26.2 mile marathon at a rate that is fun and safe for their growing bodies... "one mile at a time."

Students will need to complete some of the mileage at home, but we will have one morning a week set aside for students to come out to the track from **8:40-9:05am** to run/walk. We will need some parent volunteers to help supervise and mark laps for students on these mornings. Go to [www.whiteoakpe.weebly.com](http://www.whiteoakpe.weebly.com) to volunteer on the Sign Up Genius.

**Tuesday Mornings:** 3-5 grade

**Thursday Mornings:** K-2

## White Oak Marathon

### How do you sign up?

Complete entry forms with your **\$15.00 fee** per child which includes a Marathon t-shirt and a finisher's medal at the conclusion of the 1.2 mile fun run. The registration form and payment can be returned to school the week of **October 3-7**. **The deadline for registration is Friday, October 7th.** You can download the training log and get additional marathon information at [www.whiteoakpe.weebly.com](http://www.whiteoakpe.weebly.com)

### What happens next?

Now you have your Running Log, so let the fun and fitness begin! You should walk or run 4-5 days each week. Mark the spaces on your Running Log to show the distance you've completed. Your parents will check your progress along the way. When you have completed all 25 miles, give your completed Running Log to Coach Brady or Mr. Hughes. On **November 18<sup>th</sup>** all marathon students will wear their marathon t-shirt as they complete their last 1.2 miles at school while their classmates cheer them on. This is a challenge and will require dedication!

Walking and running are excellent exercises to keep you healthy and strong for a lifetime. Start a life-long healthy habit of getting plenty of exercise by signing up for the White Oak Marathon.

**YOU CAN DO IT! IN ORDER TO BE REGISTERED FOR THE MARATHON, FILL OUT YOUR REGISTRATION FORM AND TURN IN YOUR COMPLETED ENTRY FORM AND PAYMENT BY OCTOBER 7th.**

# WHITE OAK MARATHON

## ENTRY FORM

My child has permission to participate in the White Oak Marathon.

Student: \_\_\_\_\_ Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_  
                    First  Last

- T-shirt Size:    Youth Small (6-8)
- Youth Med (10-12)
- Youth Large (14-16)
- Youth X-Large
- Adult Small (Youth X-Large and Adult small are about the same length, but the Adult Small is cut narrower.)
- Adult Medium
- Adult Large

**COST:** \$15.00

*(If financial issues are keeping your child from participating, please contact Coach Brady and we will work to provide your student a scholarship.)*

**Parent or Guardian Signature:** \_\_\_\_\_

Home phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

**Please return this form and attached check or cash (Payable to White Oak Elementary PTA) to school by October 7th. A table will be set up during student arrival the week of Oct 3-7 outside the gym to collect registrations and give students their Marathon Training Logs.**