



## LHE Bobcat Marathon Club 2016-2017

### *Policies and Procedures*

The goal of Marathon Club is to promote a lifelong love of fitness. It encourages kids to challenge themselves to complete the full marathon distance of 26.2 miles by walking or running a mile once or twice a week throughout the year.

The club is open to every student at Langston Hughes, and the only requirement is that **the parent complete the consent form and return it to the office before they participate.** All Langston Hughes students, K-5th are encouraged to participate. Parents are also encouraged to attend with their children when possible and walk with them on the trail or volunteer. When registered students complete a full marathon, they earn a t-shirt, have their name posted on the gym wall and are announced on LHTV. This has been a great incentive, and the kids should and do feel great when they accomplish this marathon goal!

Marathon Club is a positive place where all students should feel safe and a sense of accomplishment for every mile completed! Marathon Club is staffed 100% by volunteers, and it could not be successful without the support of the Langston Hughes Administration and Staff, PTO, community sponsors and parents/guardians like you!

Listed below is key information regarding Bobcat Marathon Club. Hopefully, this will address any questions you may have.

### **COURSE INFORMATION AND TIMING:**

- Marathon Club is held on Monday mornings and Wednesday afternoons, weather permitting.
- The **course start, finish and check-in are in DeVictor Park** across from the school on the east side of George Williams Way. **On Mondays, the route will go north on the sidewalk along George Williams Way, turn east onto Harvard, then turn onto the trail and continue south.** Runners/walkers will go to the turnaround point on the trail staffed by a volunteer. The return route will take the trail west up through the middle of DeVictor Park (rather than back to Harvard) and finish where they started. This direction ensures the kids check out with volunteers before they go to school. **On Wednesdays, the route is reversed** so the kids will not have as much congestion as kids leave school.

- **Start time on Mondays is 8 am.** It does not start early and volunteers are not in place, so please **do not drop kids earlier than 7:55 am** for safety reasons.
- All students must be checked in with our volunteers **Mondays by 8:18 am.** so we can ensure they are able to finish before the bell rings. **They will not be allowed to start a mile after 8:18 am.**
- Start time on Wednesdays is immediately after school. **Marathon Club Participants depart school at 2:15 pm with the walkers,** and the kids can start as soon as volunteers are in place and they are checked in with the volunteers with clipboards. In order for all volunteer shifts to be complete by 3:00PM, the **students are not allowed to start another mile after 2:42PM.** If a parent wants to accompany their child on another mile after 2:42 PM, the student will need to check out at that time.
- **Please make sure your child is aware of how they are to get home.** If they are a car rider, they will need to be picked up **by 3:00 pm at DeVictor Park or in front of the school.** Volunteers will be in place to help the children cross back to the school after they complete their mile/miles for that day.

### **TRACKING MILES:**

- This year there is a new way to track your miles at marathon club... STRIDETRACK! This new system will allow you to check miles online anytime you wish!
- Once marathon club receives your consent you will be given a "BOBCAT TRACKER"
- AFTER the completion of each mile the "BOBCAT TRACKER" is scanned in order to record the miles completed. The miles for the day will show up on the website within 48 hours.
- To track your miles, 1) Log onto: [www.Stridetrack.com](http://www.Stridetrack.com), 2) Click on Member Log in, and 3) Enter your ID# (ID # is located above the name on their individual "BOBCAT TRACKER"). There is an APPLE APP also!
- The students are responsible for their "BOBCAT TRACKER" and we recommend keeping them in their backpack.

### **COMMUNICATION:**

- Please include your email address on the consent form; that is the primary communication tool from Marathon Club committee members to you. If there are other emails to add for your child, please let us know, so we can make sure all parents are included on communication.
- Check your emails for emails from [Bobcatmc@yahoo.com](mailto:Bobcatmc@yahoo.com) especially when there is a potential weather cancellation.

## **WEATHER POLICY:**

- Our current weather policy is to cancel if there is rain, snow, icy sidewalks or it “feels like” 27° or below. \*Cancellation is subject to the judgment of the Marathon Committee. Please check your email anytime temperatures are in the low 30s or below, or conditions seem treacherous. Cancellations will come via email by 7:15 am on Mondays and 1:30 pm on Wednesdays.

## **SAFETY AND BEHAVIOR POLICIES:**

- Please **DO NOT LET YOUR CHILDREN OUT OF THE CAR ON THE STREET. PLEASE LET THEM OUT IN THE SCHOOL PARKING LOT ONLY.** Volunteers will help them cross the street at the Harvard/George Williams Way corner. The school crossing guard will help them cross back over when they are finished on Mondays. On Wednesday, our volunteers will help them cross back over to the school parking lot. Please do not cross in the middle of George Williams Way. We know it takes more time, but it is important for safety that the cross walk is used.
- Please remind kids to **check-in** before starting and **check-out** when they finish with the volunteers holding clipboards. This ensures we know who is on the trail at every moment.
- Wear appropriate shoes! No flip flops please for safety and comfort while running.
- The trail is staffed by parent volunteers and cannot happen without them. Safety is the biggest concern and volunteers will be spaced along the route so walkers/runners can be seen the entire length of the run.
- If a child is showing disrespect for others on the trail or not following our safety guidelines, the child will be given a warning. Depending on the severity of the offense, a written warning may be completed and the parent will be notified. In order to provide a safe and positive environment on the trail, if further incidents occur, the child may lose miles and/or be asked to sit out of Marathon Club the following week. If incidents still continue, the child may not be allowed to participate in Marathon Club for the remainder of the school year.
- It can be cold and windy in the mornings, so please dress for the early morning weather on Mondays. As the seasons change, please bring a hat and mittens and definitely a coat!

## TIPS FOR FINISHING-WE WANT EVERY PARTICIPANT TO REACH THEIR GOAL!

- Come as often as you can! If students come from day one, there are over 26 possible days (weather permitting) before Winter Break even gets here!
- Walk with a buddy, plan to meet a friend or have your parents come with you.
- Make-up miles equal to the number of missed weather days will also be offered.
- Even after finishing one 26.2, you can work to finish more! Prizes are given for each completed marathon.
- Any organized runs that the kids do outside of Marathon Club can also count, we just need a note (or email) from the parents letting us know the date, name of the event and the distance.

### BOBCAT MARATHON CLUB COMMITTEE:

If you need to contact the club, please email us at [bobcatmc@yahoo.com](mailto:bobcatmc@yahoo.com) or for immediate response, please contact us individually at...

Megan Sheldon (785) 218-4395 [megansheldon@hotmail.com](mailto:megansheldon@hotmail.com)

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\*Amy Phalen (785) 218-7059 [amyphalen@icloud.com](mailto:amyphalen@icloud.com)

**\*Co Chairs**

**VOLUNTEERS ARE ALWAYS NEEDED! IF YOU ARE ABLE TO HELP ON MONDAY MORNINGS OR WEDNESDAY AFTERNOONS, PLEASE CONTACT AMY PHALEN or JULIE REA.**