

Running Club Intramural



GRIZZLY MARATHON CHALLENGE 26.2

Students will complete 26.2 miles over the course of 6 weeks beginning January 30th. This is open to all grades. Students will need to be prepared to run or walk outside. We will only stay inside if the wind-chill is below 20 degrees or if there is ice on the ground. Students can meet on Mondays, Tuesdays or Wednesdays after school and will run or walk at least 2 miles. You can choose to stay on the days that work best to meet your goal. If you are unable to complete this distance you will be given a fitness log to track mileage on your own to complete your marathon.

Students participating will need to dress appropriately. Warm clothes, jacket, gloves and running shoes are expected. You do not need to buy anything, but you will not be allowed to go outdoors if you are not dressed properly. If you would like to participate, please return the signed form below. Students must have a ride home at 4:15pm or should not participate in this intramural.

I hereby authorize my child to participate in the Running Club intramural at Sunny Vale Middle School. In addition to consent, my signature on this form indicates to the activity's sponsor I do also assume the responsibility of providing transportation at the designated time.

(student name)

(parent/guardian name)

(date)

