



6th Annual (Virtual) Wildcats Marathon

What is the Wildcats Marathon?

A fun and healthy way to run (the equivalent to) a marathon, 26.2 miles!

How is it done?

Marathoners can run or walk at least 25 miles between May 4th and May 29th.

Students in K-2 can use ½ hour of physical activity to equal 1 mile.

Any combination of run/walk/jog works as you try to reach 25 miles by May 29th.

During the weekend of May 30-31, you can run the last 1.2 miles. The total distance will be equivalent to an actual marathon: 26.2 miles!

*The PE Dept. encourages students to safely create a video of your Big Finish. All videos can be sent to - ebiehler@schodack.k12.ny.us

Safety !

The PE Dept. also reminds everyone to follow the current guidelines of local governments and health agencies while exercising safely.

This includes but is not limited to - social distancing, washing hands, keeping hands out of your eyes, nose & mouth and NOT sharing drinks or belongings.

Do not participate if any of you:

Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.

Have been in contact with someone with COVID-19 in the last 14 days.

Are a vulnerable individual. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised.

What do you need to do?

Read this information carefully

Talk to your parent/guardian about the marathon (so they know you're doing it)

Keep track of your miles on the running log provided.

Submit the log: **CES** - email to your PE teacher **Jr./Sr. High** - submit on classroom

Wristband

To earn the coveted Wildcats Marathon wristband, you must submit your completed Running Log by Monday, June 8 2020. We will determine the safest way to distribute.

SHAPE National Standards and the National Institute of Health recommend children and teenagers need at least 60 minutes of physical activity per day. Regular physical activity can help children and adolescents improve cardiovascular fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as heart disease.

Wildcats Marathon Running Log

Your Name _____

Grade & Physical Education teacher _____

<u>Date</u>	<u># of Miles Run</u>	<u>Parent/guardian initials</u>	<u>Time (OPTIONAL)</u>
_____	_____	_____	_____
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5/30-5/31 - 1.2 miles

Total: _____ miles