

Otter Mileage Club

Join Our Running Club Today!
“Staying Healthy One Step at a Time!”

Otter Mileage Club is free and students can join any time. The benefits are priceless! Run, skip, walk, leap, or hop as many laps as you can and earn prizes and incentives! Starting the day with physical activity, fun events, special incentives, and making friends are just a few of the reasons to join us before school! Hope to see you out there running with us soon!

When is Otter Mileage Club? Otter Mileage is available morning before school, Monday through Friday 7:55am to 8:10am. Every Monday, Wednesday, and Friday 12:00 to 1:00. Be sure to wear shoes that are appropriate for running and a water bottle so students can stay hydrated. *We will not run if it is raining or when school is not in session.*

How many laps equal a mile? 6 laps around our track equals 1 mile. Every running session your child will fill out a ‘ticket’. For every lap completed the ticket is punched by an adult volunteer on the track. These are counted and put into a database. We keep track of all laps completed at school (PE, Otter Mileage Club, and classroom laps). Students receive incentives for each 5 miles (30 laps) completed and each month there are a variety of themed incentives.

Can parents get involved? Absolutely! If you can help monitor the track, punch lap tickets, count weekly tickets, or help distribute incentives. *Please fill out the volunteer form below and return to Sarah Westfall or email swestfall@mpcsd.org Subject Line: Otter Mileage Volunteer.* We are using Sign-up Genius for Scheduling. You will receive information and link for noontime scheduling.

Can parents RUN? We would love it! Come out and get some morning or noontime exercise and enjoy bonding time with your child. The students love to see adults out there running too. It is fun and it benefits everybody.

The Otter Mileage Running Club is a running club for grades 1st through 5th that provides a positive and healthy opportunity for our children to develop a daily routine of physical exercise. Regular before school exercise also helps increase attentiveness and behavior in the classroom.

Otter Mileage Parent Volunteer

Name _____

Email _____

Return volunteer sheets to your classroom teacher. They will forward it to Sarah Westfall. Thanks!