

Lakeside Elementary Run/Walk Program:

Fitness Friday: It is built into the school day schedule every Friday that every child in the school spends _ hour running laps at a specified time according to grade, where they wear a pedometer (provided by the school – received through a grant from Walmart). 1 lap is required, but the children can run as many as they want during this half hour. Laps are recorded on a website by the child at www.PECentral.com. Kim also reviews the pedometers and records in her own log as well as checking the kids miles for accuracy on line.

Toe Tokens: Part of the Physical Fitness Test – Must run a quarter mile in 1min. 30sec. or less. They have all year to train for this. 2007 – 130 children accomplished this feat. (If they accomplish the quarter mile in 1:30 to 2 mins, a certificate is given.)

Strider Marathon Medal: For children to receive Marathon Medal, children must complete 26 miles around the Lakeside athletic field track plus run at either the River Road Resolution Fun Run or Run To The Sun event, put on by the Striders. Ribbon and Number must be presented to Kim for credit.

Special Events Medal and Winged Foot Pin Awards: For children and families who have completed 5 chosen events throughout the year. Included in 2007:

Autumn Fitness Fun Run (This run is no longer available in 2008)

River Road Resolution Fun Run

Run To The Sun Fun Run

Kids Day Fun Run

Earning the Kid's Marathon Medal (25 miles at school + completion of 1 of the Florida Strider Fun Runs)

Running Calendar: Children are given a “running calendar” for miles run at home. Calendars are also verified by the parent. Miles are recorded in Kim's Log for total miles.

If they run any races outside of required races, child needs to bring in their “ribbon” and number to verify. This is placed in Kim's Log for total miles run.

Homework Sheets for Family Involvement: Fitness Calendar – Kim determines activities the children and family can do together. If completed, certificates are handed out monthly to those who performed the activities on the calendar. Some of these events may be miles or specific distances run with their families.

Family Plaques: Plaques are given to those families who attend the River Road Resolution and Run To The Sun with the most family members and friends.

50 mile and 100 mile club shirts as well as toe tokens are handed out at their Presentation Ceremony at the end of the year.