

MES Walk/RunClub 2025

MES will be starting up our Walk/Run club on **Tuesday, April 29!** **(This is just AFTER EASTER!)** We look forward to having as many MES students join as possible. **We have two main goals for our Walk/Run club this year,**

1. Qualify for our color run and
2. To promote **daily fitness** by celebrating students **who run every day**.

When:

We will run every **Tuesday, Wednesday, and Thursday at lunchtime** starting on April 29 and it will go until our Mini Marathon/Color Run on Friday, June 6.

Where:

We are going to continue using the same route we used last year. We will go out in the field south of the playground (we have a ½ km loop to run). Each day students can go out and see how many laps they can do. They will be given a popsicle stick for every lap they complete and record their progress with their teacher.

Make Up Runs:

We are aware that life happens and students might miss a day or two. We will have three makeup Mondays (May 12th, May 26th, June 2nd) to help students to achieve their goals.

Awards (grades 1-2):

- 36 laps (18 km) (You can achieve this by doing **6 laps** each week) - Qualify for Mini-Marathon/Color run.
- 72 laps (36 km) - (You can achieve this by doing **12 laps** per week) - Qualify for Mini-Marathon/Color run, sticker **and** MES Dog tags.

Awards (grades 3-4):

- 36 laps (18 km) (You can achieve this by doing 6 laps each week) - Qualify for Mini-Marathon/Color Run.
- 90 laps (45 km) - (You can achieve this by doing 15 laps per week) - Qualify for Mini-Marathon/Color Run, sticker **and** MES Dog Tags.

Awards (grades 5-6):

- 50 laps (25 km) (You can achieve this by doing **9 laps** per week) - Qualify for Mini-Marathon/Color Run.
- 108 laps (54km) - (You can achieve this by doing **18 laps** per week) - Qualify for Mini-Marathon/Color Run, sticker **and** MES Dog Tags.

Prizes will be awarded on the day of the Mini Marathon.

Run Every Day GRAND Prize

- In order to promote consistency and daily fitness, one of our focuses is on running every day. **For those students who participate and run at least 2 laps every single day will be given a Walk/Run T-Shirt and their name will be put into a draw for a special grand prize!**

Fee to Participate:

As in past years we've asked for a donation/small participation fee to help cover the cost of the club. **We are asking everyone who is participating to bring \$10.00.** Students can bring the \$10.00 to the office, or parents can etransfer the school at mesfees@westwind.ab.ca. If fees are the barrier to your student participating please contact the office.

Please fill out this [FORM](#) to sign up your student.

Questions/ Concerns:

Please direct your questions/ concerns to Mr Sherwood
josh.sherwood@westwind.ab.ca

