

MSA MILEAGE CLUB Lower & Upper Elementary Benefits of Walking, Students, Staff, and Parents Running, and being active are welcome TUESDAYS Fight childhood obesity 3:15 - 4:00 PM Prevent health problems Reduce stress **BEGINS TUESDAY**, Develop a lifelong good OCTOBER 24TH habit Cost \$15 for the year Feel energized includes chain and Toe Tokens Improved productivity and (Checks payable to MSA) concentration

We will be using the Toe Token system to track how many miles each person completes. Participants can earn Toe Tokens for every 5 miles they complete, monthly attendance, and special events.

It is optional for club members to participate in any area road races. The club cost does not include registration fees for those races.

*Please have a full water bottle prepared to bring to mileage club. *Students that are not picked up by 4:00pm will be brought back over to extended day.

Contact Jenny Presgraves with any questions jpresgraves@msasc.org Child or Children

Parent's Name

Parent's E-mail

Parent's Phone

Emergency Contact

Emergency Phone