

The 2nd Annual Cambridge School 100 Mile Summer Challenge



Mrs. O'Brien CHALLENGES our ***incoming*** 1st through 5th Grade students to stay active this Summer by completing 100 Miles during the months of July and August!

How can you accomplish 100 miles?

It's simple. Here are just a few ideas to get you started:

Walk, Run, Bike, Swim, Roller Skate, Hike, Ice Skate, Scooter (non-electric), etc.....

SAFETY FIRST: You should always have your parents permission and/or supervision during your activities, but for this summer challenge.....**ONLY STUDENT MILEAGE** will be recorded. Please remember to be safe and keep hydrated by drinking water during your activities, make sure you always wear your bike helmet when biking, scootering, skating and **NEVER EVER** swim or do water activities alone!

To participate in the challenge, please have your parents:

- ❑ Register you **no later than, July 1st** by e-mailing Christina.O'Brien@SbsSchools.org In the subject line they will put: "100 Mile Summer Challenge Accepted- Student Name". Mrs. O'Brien will check in with your parents on your progress throughout the challenge and send reminders as well as additional mileage forms if needed.
- ❑ Map out a route for you to utilize for your designated activities. This year the only activity that will be converted for time will be **SWIMMING**. 15 minutes of ACTIVE SWIMMING (not floating or playing) will equal a quarter (¼) mile. Daily Fitbit Mileage/steps will not be accepted.
- ❑ Take your picture. During the summer have your parent's e-mail a picture to Mrs. O'Brien of **YOU** doing **one** of your activities. The deadline for Mrs. O'Brien to print your picture will be **August 15th**. All pictures will be displayed on the 100 Mile Summer Challenge Bulletin Board outside of the gym in September.

All students who participate **and** complete the 100 Mile Summer Challenge will be acknowledged at our Convocation Assembly in the Fall **and** those students will also be invited to attend an exclusive 100 Mile Summer Challenge After School Activity. Those students will also receive a football pass courtesy of South Brunswick High School Athletics.

Those students who **exceed** 100 Miles will also have a special acknowledgement at the assembly.

**Come on Cougars.....will you accept the
100 Mile Summer Challenge?**

★Registration will end on July 1st, when the challenge officially starts★
Please see reverse side for your first mileage form

