

BE GREATER

CLUB 26.2

Goal: Complete your MARATHON on RACE DAY - May 20, 2017

Program Summary

Run. Walk. Achieve. Club 26.2 is being offered free, courtesy of Dow Chemical Employees' Credit Union, to youth ages 5 – 14 to assist in motivating them to become more active and develop lifelong healthy habits. Families or groups may choose to coordinate their own club or include friends from school or the neighborhood. **The program runs March 18 thru May 20.**

Two to three days per week, before school or after school, participants are encourage to participate in walking, jogging or running on a pre-set course (i.e. if using a track) or a course determined elsewhere. The participant completes a lap on the course; their Mile Tracking Card is punched or marked by a parent or an adult volunteer. A track, playground, parking lot or sidewalk may be used as the course. (Average approximately 3.15 miles (about a 5K) per week for 8 weeks = 25.2 miles with a week off for spring break)

When a participant completes there walking, jogging or running for the day, they return their Mile Tracking Cards to their Club Coordinator (i.e. parent or adult volunteer). Participants will receive a foot token to add to his/her key chain after completion of every third mile. After mile 5, 10, 15, 20 and 25 participants will receive a number token for their key chain and be entered into a drawing to receive other prizes. **Mile Tracking Cards will need to be turned in at Greater Midland Community Center for special tokens and to be entered into the prize drawings when miles 5, 10, 15, 20, 25 and 26.2 are complete.** THE GOAL: to walk, jog or run 25.2 miles prior to RACE DAY on May 21 and then complete the Marathon mile during the 1 Mile Run at the RunWalk. Those participants, who complete the 26.2 mile challenge and turn in their Mile Tracking Cards, will be entered into a special post-race drawing, in which one boy and one girl will be drawn from all participants to win a special prize. Upon completion of the 26.2 mile, the last token can be picked up post-race at the Greater Midland Community Center.

In order to run a successful Club 26.2, the following is needed:

- A Parent, Guardian or adult to act as Club Coordinator if done as individuals, families or groups
- Person(s) to track participants laps on Mile Tracking Cards (i.e. parent or adult volunteer)

This packet includes:

- Program Summary & Instructions
- Mileage Counting Card(s)
- Awards for Participants (chains, feet, tokens)
- Assistance to effectively launch the Club (if needed)

Questions or need assistance? Contact: Jennifer Adamcik at jadamcik@greatermidland.org or 989.832.7937 x 2221.



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GREATER MIDLAND
DOW RUNWALK

Club Contract

Program runs: March 18 – May 20

Yes – I would like to organize a Club 26.2 for:

(Please list individual names of youth ages 5 - 14)

I agree to act as the Club or Individual Coordinator:

Name _____

Address _____

City, State, ZIP _____

Phone _____

E-Mail _____

Please accept this contract for the Club 26.2 to take place March 16 through May 20, 2017. We waive any rights associated with our participation (or that of any of my children) in this club including, but not limited to falls, contact with other participants/volunteers/spectators/producers of this event, the effects of weather (including high heat and/or humidity), traffic, and road conditions, all such risks being known and appreciated by my affiliated organization or family. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Greater Midland Community Center all sponsors and their representatives, successors and volunteers from all claims or liabilities of any kind arising out of my participation in this event. I further agree that Greater Midland Community Center may use for publicity and/or promotional purposes, without any obligation or liability to me, my affiliated organization or my family; my name and any picture of my participation in Club 26.2.

(Club Coordinator, Parent or Guardian Signature)

(Date)

Questions: Please contact:

Jennifer Adamcik

JAdamcik@GreaterMidland.org

989.832.7937 x 2221



Please mail or return this form to:

Greater Midland Community Center

Club 26.2

2205 Jefferson Avenue

Midland, MI 48640

