

# Miles For Middle School

Presented by:



Miles for Middle School is a middle school program that encourages middle school kids to be active by rewarding the school that has the highest participation rate in the program. The school that wins will be highlighted in local media and get a plaque of recognition at the Redmond Road Mile on Saturday May 19<sup>th</sup> 2012 during the awards ceremony.

Each student will have the opportunity to participate by writing down 1 mile per day to total 26.2 miles in the program over the three month training window. We are encouraging these students to continue running and to participate in the Rome262.com 5k as well on Dec. 1<sup>st</sup> 2012. Each student that completes 26.2 miles over the 2-month period from March 19<sup>th</sup> through May 19<sup>th</sup> will turn in their tracking sheet when they pick up their number.

Dates for the program: March 19<sup>th</sup> – May 19<sup>th</sup>

Please contact us if you have any questions at [support@gogorunning.com](mailto:support@gogorunning.com)

Details of program:

- a. Sponsoring teacher at the school hands out tracking sheets for the kids to take home along with this letter explaining the program.
- b. Parents will need to bring the completed tracking sheet when the student picks up their number along with this sheet signed and dated giving permission for the student to participate.
- c. Read our running safety tips
- d. Up your miles by joining us on the Track with other kids every Tuesday Night at 6:00pm at Barron Stadium.

**Waiver:** I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 Action Ministries, GoGoRunning, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I certify that I am 18 years of age or older, or that I am the Parent/ Guardian of the entrant and am granting permission for him/her to participate.

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Signature of Parent/Guardian (if under 18)

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Date

**Miles for Middle School Tracking Sheet**

Check the box next to each Mile run. If you don't know how far a mile is you can count each 12minutes that you run as 1mile

<b>Mile</b>	<b>1</b>	<b>Exp. I ran 12mins on March 5</b>
Mile	1	
Mile	2	
Mile	3	
Mile	4	
Mile	5	
Mile	6	
Mile	7	
Mile	8	
Mile	9	
Mile	10	
Mile	11	
Mile	12	
Mile	13	
Mile	14	
Mile	15	
Mile	16	
Mile	17	
Mile	18	
Mile	19	
Mile	20	
Mile	21	
Mile	22	
Mile	23	
Mile	24	
Mile	25	
Mile	26	
Mile	0.20	

# **GoGoRunning Training Safety**

## **Track Etiquette**

- 1 - Wear appropriate footwear that fits well.
- 2 - Keep shoelaces tied.
- 3 - Track spikes should not be used for training except when directed by a coach.
- 4 - Dress appropriately for the weather conditions.
- 5 - Bring a water bottle.
- 6 - Advise a coach if you have been injured or feel ill.
- 7 - Do not come to practice if you are sick.
- 8 - When passing another runner have a full stride ahead before cutting in.
- 9 - All Athletes must sign a waiver. Athletes under 18 must receive parental consent.
- 10 - Be conscious that grass and synthetic surfaces become slippery in wet conditions.
- 11 - Youth athletes may not run on open roads. Please stick to the track and enclosed areas.

## **Safety on the Track:**

- 1 - DON'T WEAR HEADSETS. Use your ears to be aware of your surroundings. Using headphones, you lose the use of an important sense: your hearing.
- 2 - Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.
- 3 - Carry a cell phone or change for a phone call. Know the locations of call boxes and telephones along your regular route.
- 4 - Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.
- 5 - Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located.
- 6 - Run with a partner. Run with a dog.
- 7 - Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
- 8 - Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas, especially at night. Run clear of parked cars or bushes.
- 9 - Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
- 10 - Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- 11 - Run against traffic so you can observe approaching automobiles.
- 12 - Wear reflective material if you must run before dawn or after dark.
- 13 - Practice memorizing license tags or identifying characteristics of strangers.
- 14 - Carry a noisemaker and/or OC (pepper) spray. Get training in self-defense and the use of pepper spray.
- 15 - CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.

## **Weather Conditions:**

Running in the heat can be dangerous if the proper precautions and preparations are not followed. The following are some of the RRCA Sports Committee's recommendations for running in a hot environment:

- 1 - Avoid dehydration!!! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes

prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indicators that you are running dehydrated are a persistent elevated pulse rate after finishing your run, and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

2 - Run in the shade whenever possible avoids direct sun and blacktop. When you are going to be exposed, apply at least #15 sunscreen. Not only can the sun affect your skin, but also its rays can affect your eyes, so when it is sunny wear sunglasses that can filter out UVA and UVB rays. Wearing a hat with a visor will not only shade your eyes but also the skin on your face.

3 - When running, if you become dizzy, nauseated, have dry skin or the chills...STOP running and try to get a drink. If you do not feel better, get help.

4 - If you have a heart or respiratory problem or you are on any medication, consult with your doctor about running in the heat. In some cases it may be in your best interests to run indoors. Also, if you have a history of heat stroke/illness, run with extreme caution.

5 - Children should limit their running in the heat due to their lower tolerance of heat.

6 - Avoid plastic sweat suits, late morning races, salt tablets, and consuming drinks with high sugar concentration. Avoid running ill.

7 - DO wear light colored clothing, check hair and body for ticks after running in the woods, drink plenty of water, listen to the race director's pre-race announcements regarding the heat/humidity prior to racing, and tell someone your running route.

The onset of winter needn't bring a seasonal halt to a runner's enthusiasm or routines. Outdoor exercise in the winter can be a pleasurable experience. The major risk posed by running in subfreezing air is frostbite and minor irritations to the respiratory tract. With some minor precautions these risks can be eliminated.

8 - Wear clothing in layers so that warm air can be trapped between the layers.

Depending on the weather conditions, 2 to 4 layers on the trunk and 1 to 2 layers on the legs are appropriate. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days the outer layer should be of wind resistant material.

9 - Clothing made of material which carries the sweat away from the body is best, like wool, silk, or "space age" synthetics like polypropylene or polyester. Avoid cotton, as it tends to hold the sweat.

10 - Hat and gloves are crucial as these regions of the body have a substantial role in the regulation of body temperature. Mittens tend to be warmer than gloves. On very cold days mittens worn over gloves are very effective. Stocking caps or ski masks are desirable. On very windy days goggles or eyeglasses can provide additional protection.

11 - The outer layer should be light colored and have reflective material if you are running during darker hours. Reflective material works only if there is a light source. Blaze orange becomes poorly visible brown at night. Light colored material is visible even without a strong light source. During snowy days dark colors provide visible contrast and attract solar energy.

12 - Pin to your clothes or shoes emergency identification, preferably of a waterproof material. Let someone know where you are going to run and when you expect to return. Do not run with headphones.

13 - Plan your run so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind. Be alert when running in snowy, icy conditions particularly near vehicular traffic.

14 - Avoid overdressing. Feel a bit underdressed and chilly as you start, knowing that later as you run in your layered environment the temperature will rise about 20 degrees.

15- Practice will be cancelled if there is any lightning, tornado warning, or other condition that hints toward unsafe conditions.