



Merriam Milers



Come have FUN, get FIT, and enjoy the FRESH air!

Who: Any students from Merriam (parents and young siblings are welcome too!)

When: Wednesday mornings, 8:00 – 8:35 beginning on May 8. We will continue to meet on Wednesdays as long as weather permits, through the end of the school year. Weather cancellations and program updates will be sent to the e-mail address you list below.

Where: Back playground, Parker Damon Building

What: We will be exercising and tracking our mileage on a measured course in the back playground. Students may run or walk (or jog or skip or shuffle or some combination of these). Using a chart, students will track their mileage and be rewarded with a sneaker token at certain accumulated distances. We will be discussing goals, how to work towards them, and how to adjust them if necessary. This is a “drop-in” program: come as often as you want to, don’t worry if you miss. (We recommend bringing a change of shoes as the grass is often wet in the mornings)

How can parents be involved?

- Come exercise with us! Working out with others in the morning is a great way to start the day.
- Help when you can. There is always a need for parent help, especially when helping students track their laps for the day.
- For any additional information or to get involved email denise.lapierre@gmail.com or amandadragusa@gmail.com

Cost: FREE!!!

Please fill out the following registration form and bring to your first Merriam Milers session.

Student Name: _____ Returning _____ New _____

Grade: _____ Teacher: _____ D.O.B. _____

Address: _____

Phone 1: _____ Phone 2: _____

Email Address: _____

Medical Condition/Notes: _____

Parent/Guardian Name: _____

I give my permission for my child to participate in Merriam’s Milers. I will not hold Merriam School or any parent volunteers liable for any injury or mishap sustained by my child.

Signature: _____