



Read & Run Marathon
26 Books - 26 Miles
Central School District #104



Ready, Set, GO!! Central School District #104 students can start training for the 2018 Read and Run Marathon Ghoulish Run! This year each student can **choose** to wear his/her Halloween costume during the run. This is a fun program that encourages students to get active and get reading. Students can have the thrill of running a ghoulish marathon. . .just not all 26 miles in one day!

The Challenge: Students are challenged to READ 26 books and RUN 25 miles by October 12th. They will record their books and miles on the attached log sheet.

Show Your Work: When a student turns in a completed log sheet, they have qualified as a runner for our race day event. All student runners will receive an event T-SHIRT.

Race Day: T-shirt Pickup - Saturday, November 3rd - 8:45 am - Joseph Arthur Middle School

1 mile run - Saturday, November 3rd - 9:00a.m. - Joseph Arthur Middle School

All Central District #104 student runners will gather to complete their marathon by running the 26th mile together in their Halloween costume or their new race t-shirt.

READ - Page requirements for one book:

It is acceptable for parents to read the book to student if needed.

Grades K-3: 1 book = 20 literature pages

Grades 4-8: 1 book = 30 literature pages (60 page book would count as 2 books)

RUN - Activities that are equivalent to running one mile:

These are guidelines only. Parents can use their discretion.

*Climbing Stairs (20 minutes)

*Housecleaning (60 minutes)

*Gymnastics (practice or meet)

*Bowling (60 minutes)

*Swimming Laps (15 minutes)

*Running Sports (practice or game)

*Shoveling Snow (30 minutes)

*Dancing (class or 30 minutes)

*Lawn Mowing (30 minutes)

*Frisbee (45 minutes)

*Karate (practice)

*Bike Riding (30 minutes)

COST

FREE! The Central PTO sponsors this event!

Questions???

Contact Mrs. Baim or
 Ms. Voellinger at Central
 or
 Ms. Eschman at JAMS

IMPORTANT DATES

August 21 - Reading and Running can begin

Friday, October 12 - Completed Log sheets due

Saturday, November 3- T-Shirt Pickup and Race Day

REMINDERS

- Students are responsible for completing all reading and running outside of school requirements.
- Students must turn in their log sheet by **October 12** to receive a t-shirt and medal on race day.
- Parents are responsible for their students' transportation and supervision on race day.
- Please make sure costumes are safe for running.



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Log Sheet

Name: _____ **Grade:** _____ **Teacher:** _____

T-Shirt Size: (circle one) youth small youth medium youth large adult small adult medium adult large

READ a book

(list book)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____

Parent
Initials

- _____ 1.
- _____ 2.
- _____ 3.
- _____ 4.
- _____ 5.
- _____ 6.
- _____ 7.
- _____ 8.
- _____ 9.
- _____ 10.
- _____ 11.
- _____ 12.
- _____ 13.
- _____ 14.
- _____ 15.
- _____ 16.
- _____ 17.
- _____ 18.
- _____ 19.
- _____ 20.
- _____ 21.
- _____ 22.
- _____ 23.
- _____ 24.
- _____ 25.
- _____ 26.

RUN a mile

(list date or activity)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____ complete on race day 11/3/18

Parent
Initials

Completed log sheet due to Mrs. Baim, Mrs. Voellinger, or Ms. Eschman by **October 12** to receive a t-shirt and medal.