



MSA MILEAGE CLUB



Students-Lower Elementary
thru High School, Staff, and
Parents are welcome

FRIDAYS

3:20 - 4:00 PM

**BEGINS FRIDAY,
NOVEMBER 15th**

Cost \$10 for the year

includes Chain and Toe Tokens
(Checks payable to MSA)

Benefits of Walking, Running, and being active

- Fight childhood obesity
- Prevent health problems
- Reduce stress
- Develop a lifelong good habit
- Feel energized
- Improved productivity and concentration
- IT'S FUN!

We will be using the Toe Token system to track how many miles each person completes. Participants can earn tokens for every 5 miles they complete and monthly attendance.

**Please have a full water bottle prepared to bring to mileage club.*

**Students that are not picked up by 4:00pm @ track will be brought back over to extended day.*

Questions?

Contact

Jenae Chiles at jchiles@msasc.org

Please turn in form & payment to the office by Tuesday, Nov 12th.

If your child would like a shirt we have some extras from last year for \$10. We need a min of 12 to place a new T-shirt order so depending on interest we will keep you posted.

Child or Children

Parent's Phone

Parent's Name

Emergency Contact

Parent's E-mail

Emergency Phone

T-Shirt Sizes Available (First come, first serve), please circle your selection.

YXS YS YL AS AL