



Cub Tracks Mileage Club

Join your fellow bear cubs every week on the bear path to fitness! This free program sponsored by the Tahoma Elementary PTO, is designed to get students motivated about health by encouraging them to move their bodies in any way around the outdoor track.

This program will take place on **Tuesdays beginning September 25th** and continue through May. The path will be open during lunch recess (weather permitting).

REWARDS

- A healthier body and calmer mind!
- Tokens for each mile completed on the path to add to the Cub Tracks chain
- Bear bell award presented bi-weekly in each grade for class with the highest mileage
- Recognition for the highest individual and class mileage in each grade at the end of the year

WANT TO HELP?

We need volunteers to make this program work! If setting up the path, cheering on cubs, marking lap progress, and tearing down of the path is something you would be able to help with please contact the Cub Tracks chair Rendy Reynolds at running@tahomacubs.org. Please remember that all Tahoma volunteers must be cleared through the district.



Cub Tracks Permission Form 2018-2019

Students that wish to participate in the Cub Tracks program must have a signed permission slip on file.

My child, _____

Grade _____ Teacher _____

Has permission to participate in the voluntary recess program, Cubs Tracks. I understand that s/he will choose to walk, run, jog, dance, roll for fitness purposes. I also understand that proper shoes are required.

Please list any pertinent medical issues we should be aware of:

Parent Name _____

Parent Signature _____

Date _____