



**Dear Parents and Guardians,**

As a way to encourage young people to become more physically active, Mary Greeley Medical Center and Gilbert Elementary/Intermediate are partnering to offer the Mileage Club this spring.

***Your help is needed as a parent volunteer!***

This is the thirteenth year that MGMC mileage club has been in action and we have some exciting things planned. In 2018 there were approximately 4000 kids who participated and they walked/ran over 45,000 miles all totaled. We are hoping that 2019 will be even more fun and exciting.

**2019 Mary Greeley Mileage Club dates are April 8<sup>th</sup> - May 17<sup>th</sup>**

The Mileage Club offers students an opportunity to walk or run during designated recesses and participation is voluntary. Fun activities throughout the program reward and recognize students for being physically active. All awards are designed to provide students with a sense of accomplishment, recognition, and a source of positive image building. There is NO COST to the parent or the school to participate in the program. The project is brought to you by Mary Greeley Medical Center with additional financial support provided by our sponsors through the Mary Greeley Foundation.

**This Year's Prizes:**

- **5 miles: Toe Token**
- **10 miles: Toe Token + Mileage Club Frisbee + Speedometer Award**
- **15 miles: 15 Mile Token + Sign the School Mileage Club Poster**
- **20 miles: Toe Token + 20 Mile Certificate**
- **20 miles: Dri-fit T-shirt**
- **25 miles: Registration to MGMC Hope Run in June 2019**

**Your help is needed**

As a parent you play a key role in your child's development of healthy habits that will last a lifetime. You can support your child's efforts to achieve a higher level of fitness by showing interest in their participation in the program and by volunteering to help with the program. Beth Richards is the PTO President for your school. **If you are interested in volunteering to help with the Mileage Club, please contact her at [PTO@gilbert.k12.ia.us](mailto:PTO@gilbert.k12.ia.us)**

**Thank you in advance for your support of the Mary Greeley Mileage Club!!!**

For general questions about the Mary Greeley Medical Center Mileage Club program, please contact Liz Burkland at (515)956-2880.