

SOS Operation Smile Mile Running Club

Open to students in K-8

Welcome back to another wonderful year at Star of the Sea School.

I am so excited about our fourth year of running club and supporting OPERATION SMILE FINAL MILE CLUB here at SOS. What a terrific way to promote school spirit and build camaraderie among all our students. This is a great program which is designed to instill in children some very important life lessons. The Operation Smile Final Mile will teach children the importance of exercise, commitment and helping children born with facial deformities. If they are moving they are winning! "Healthy Body, Healthy Mind" is my motto. The emphasis is on FITNESS, not competition. For this club to go forward and be successful we will need parent volunteers committed to this program. Mr. Jay Kotchka and Mr. Scott Levine have graciously volunteered to take lead on our program once again and help coach our runners to success. I will continue to be an adviser for the program.

The Shamrock Operation Smile Final Mile is the culmination of an ongoing running and walking program for elementary aged children which promotes lifelong fitness and combats childhood obesity. Children participating in the Final Mile run at school and at home in the weeks preceding the Yuengling Shamrock Marathon Weekend to accumulate 25.2 total miles. They then run the "final mile" of their 26.2-mile marathon on race day, finishing in the same place as the Shamrock marathoners who will run the following day.

It is our goal to get all students involved in this club. If we have enough parent support we can invite all students to participate. We will meet once a week (Thursday) right after school in the school gym. If the weather is bad we will run in the gym. If you can't make it to our run time you can run with your children at home. Middle School students are encouraged to participate as well. They can choose to participate in the 8K on race day. Parents, you can track any running miles your child completes whether at home, in sports or during PE, just track the miles. We will have a reward/progress system for students as well.

To register for the Club, you must complete both forms attached, SOS Registration Form and Diocesan Permission Slip, and return them to the school office before your child can participate.

Parents, it will be your responsibility to sign your child up for the final-mile or 8K on the race website. Race day is March 17, 2018 and I look forward to seeing you all out there. Go to <http://www.shamrockmarathon.com/final-mile> to register for the race.