

- Parents & Participants Please Read -

Every once in a while we do things that are so difficult that when they are achieved we are forever proud of our accomplishments. These feats can have an inspirational effect on you, many of which you will remember for the rest of your life, and tell your kids. The “Fitness Challenge Marathon” can be one of those accomplishments. Although these experiences are challenging, stressful, painful, exhilarating, and joyful, they all become an invaluable learning experience that cannot be learned in the classroom alone, it must be experienced first hand. With any difficult task that is attempted, there are characteristics that a person must have to make the attempted task a successful achievement.

Success: There are four major characteristics of success that we use as a base line for this program, all of which are achieved by this physical activity. Each can also be achieved in daily life.

- **Willingness to Risk** – To risk is to give up what is secure to try an unknown that you are not sure of the results. Without risk, people can become stagnant and won’t achieve anything more than what they are already doing. (Taking part in this event is a risk).
- **Commitment to Integrity** - Be honest with yourself, others, and the event! Anyone can cheat or take the easy way out when no one is looking, but at the same time you don’t better yourself or realize what you could have accomplished. This also becomes part of your character. You’ll have a greater sense of accomplishment when you know you’ve done it right. (Honesty in your application, dealing with sponsorships and the ability to compete without deception to yourself or others).
- **Determined to Stand** – If there is something you believe in, or feel strongly about, then hold strong to it and don’t get run over because of what other people are telling you. Many people don’t succeed because they quit due to what others might think of them or their ideas. (Your friends may not want to participate because they think it’s not cool, but if you believe in what you’re doing you will participate anyway).
- **Sense of Passion** – The feelings that drive you to do your best because of the understanding of the incredible things you can achieve; this is what will drive you through the difficult times. The human body is an incredible machine both physically and mentally, and when people understand how valuable that is and the incredible things it can achieve, the drive becomes stronger to obtain those goals. (Knowing the possibilities instead of the limitations helps drive the passion to succeed at something great).

Objective: This is a 26.2-mile multi-event race to see which teams finish as well as how fast. The dynamics of this event, team structure, time constraints, and race elements, will allow for a multifaceted learning experience that will require all resources to be pooled together for total success. Many goals will be touched and achieved through this rare experience.

- Planning, goal setting and follow-through.
- Achievement and self-worth.
- Teamwork and teaming abilities.
- Overcoming obstacles both physically and mentally.
- Development of leadership qualities.
- Teaching proactive decision-making.
- Environmental awareness.
- Community appreciation.
- Ability to write team proposals and gain sponsorships for team needs.
- Fitness, health and diet awareness.
- Provide a positive experience they’ll remember for a lifetime!

Course Description & Layout: A 26.2-mile course (marathon) is broken into 13 different checkpoints, with three sub points. Elements of the race will include a total of: 12.0 miles on foot, 7.55 miles on bike, 4.25 miles on inline skates, and 2.4 miles canoeing, but not necessarily all done at the same time. Each checkpoint of the race will visit a different school in district 47. The route was laid out to provide the shortest distance possible to the next checkpoint while staying off main highways, remaining visible at all times, and crossing roads at intersections. A detailed map of the course to follow will be distributed the day before the event.

The Rules: The following rules are to help understand what is expected for the run.

- Teams of four 8th graders, with at least one person of the opposite gender.
- Each team is required to have a backup participant in case a team member cannot compete in the day of the event. This person is **not** a substitute **during** the event but can help on that day in organization and support if not participating.
- Follow the map that will be provided at a later date.
- All four participants must finish together, and check in at all checkpoints together.
- Must present map and passport at each checkpoint.
- If a passport is lost a new one will be issued, as long as checkpoints can be verified.
- Participants can be no further than 50 yards apart and within sight of each other.
- There will be adult course officials at three intersections to be sure it is safe for participants to cross at the appropriate time. These course officials are NOT there to direct or stop traffic but as added safety. The intersections are: Golf Course Rd./Ackman Rd., McHenry Av./Birkshire Dr., and Birkshire Dr./Virginia St.
- Team members will carry all supplies that will be needed for the event. Bicycles, inline skates, and canoeing supplies will be located at the appropriate checkpoints with coinciding numbers with their team.
- No G.P.S.'s or other devices that would provide an unfair advantage.
- In the spirit of the event and sportsmanship, help other teams if they are having problems (equipment difficulties, tipped canoe, encouragement, food, etc.,) However, situations will not change the standings at the finish line.
- Penalties will be applied as close to the time of infraction as possible.
- Finish line is final. The team with all four participants across the finish line first, and meets all qualifications, wins.

GROUND FOR ELIMINATION (Taken out of the race & no medal awarded):

- If eliminated, your team will go to the closest checkpoint, report, and wait for transportation back to Lundahl Middle School.
- Skipping a checkpoint and not correcting the error.
- Breaking the "Rules of the Road" or other traffic rules or violations.
- Trespassing on private property.
- Disposal of garbage or supplies other than at approved checkpoints.
- Seeking or taking assistance by others not competing in the race itself.

DISQUALIFICATION AND UNRANKED (Ability to continue but will not be ranked, and no place medal awarded, will still receive participation medal):

- The inability of any one of its members, to continue for any reason (exhaustion, injury, stress, etc. other team members can continue but cannot be placed).
- Loss of map, compass and/or pack. (new ones will be issued but you cannot place).
- Not following correct route (unless team goes back and corrects its route).

Requirements & Training: In order to successfully achieve your goals we want to make sure you are ready physically, mentally, and have the necessary equipment. Unfortunately, we cannot do all the physical training here at school nor provide the equipment needs. Instead, this will be used as a learning experience by learning how to submit a good application, acquiring any sponsorship necessary, and involvement in the community. The following is criteria needed to participate and to be sure you are ready. *If any of the following are not followed, we reserve the right to remove you, and your team, from the event for mental and/or physical readiness, safety reasons along with the understanding and promoting the spirit of the event.*

- Application and log sheets are filled out completely with integrity.
- Parents have Okayed your participation.
- Attending required meeting with at least one parent (dates to be announced).
- You have a positive attitude toward yourself, your teammates, and others who are participating in the event.
- You have done your part in self-preparation so that you can compete at your best with reduced risk of safety concerns.
- You are within good standings academically and behaviorally at Lundahl Middle School
- Signed up on 8to18 with a current physical (within one year of event) on file with the school.
- All 10 hours of community service are completed in an approved program.
- Arrangement of an approved adult chaperone for your team during the course of the race, with cell phone.

PHYSICAL REQUIREMENTS: This event will require experience in most or all events by each teammate, along with training done mostly on your own.

APPLICATION REQUIREMENTS: A realistic and honest completion of the “Race Application”. This will be evaluated by the physical education staff to determine which teams are most prepared and have the necessary experience to compete in the event safely and successfully.

EQUIPMENT REQUIREMENTS: It will be the responsibility of the competitors to come prepared with all mandatory equipment needs, and other equipment that best suits their situation. See *Suggested Materials* for ideas. If teams, or members, do not have the necessary equipment the teams can seek out sponsors to supply funds or material needed for the race. Any involvement with sponsors is the sole responsibility of the participants.

COMMUNITY SERVICE: Participants will volunteer ten hours of their time to work with an environment/community service program. This time needs to be logged and returned to the physical education department.

Sponsorships & Environment/Community Service: Along with individual and team goals, and the objectives listed, we also hope to build understanding and appreciation of community involvement in the form of business sponsorships and volunteer programs.

It is important to let local business see the great programs the students and schools are taking a part in, and the involvement these businesses can take in the success of the participants. If needed, gaining a sponsorship can be done in the form of donated equipment for the event, or financial donation to purchase the equipment of choice (not for financial gain). The sponsor in return can get publicity at the event from the team, a letter of appreciation by the team being sponsored, and be a part of a truly unique school event. Sponsors will also be invited to the finish area.

Environment/Community service involvement is the other area that will be important for the participants get involved. People take more pride and responsibility in things when they become involved. All participants will volunteer ten hours to an organization that works with environmental concerns, or in a community service program. The organization and the time logged will be recorded on the log sheet provided along with approval of the selected service. All ten hours must be completed

one week prior to the event. Potential programs would be: McHenry Co. Conservation Dist., Crystal Lake Park Dist., Church programs, Food Pantry, etc.

Event Organization & Safety: In order for this incredible event to work at this level effectively, efficiently, and safely, the physical education team has consulted with the administration, police department, chamber of commerce, fitness professionals, park district, and an “Eco-Challenge” participant, to come up with the best environment possible. The following are some of the procedures that will be adhered to:

- **Date & Time**
 - Friday, October 8th
 - Begins 7:00am at Lundahl’s track. Show up at 6:30am for roll call.
 - Participants will be excused from school Friday. This will be considered a P.E. field trip. You are responsible to make up any school work.
- **Food**
 - Water will be available at each checkpoint - **DRINK IT, also bring your own!**
 - We suggest you bring your own food, quality not quantity – lunch, snacks, and food stored at different checkpoints.
- **Inclement Weather**
 - In case of rain or cold, the run will continue unless it becomes unsafe. At that point radio contact will be made to each checkpoint to contain teams until the all clear is given. Teams will then continue with the same time duration between teams as when they checked in.
 - If there is thunder or lighting, all race participants will report to the closest checkpoint and wait for the all clear or for a decision to discontinue the race.
 - We hope to stick with the date provided, but if all else fails and there is no possible way to begin the event the potential alternate date is the following week in the same format.
- **First Aid**
 - Participants are to bring basic first aid supplies (see supply list).
 - Each checkpoint will provide first aid if necessary without risk of disqualification.
 - Each team will be equipped with a 2-way radio.
 - Participants with medical needs (asthma, bee stings, diabetic, etc.) will be responsible for their own medication.
 - Emergency cards for each participant will be on hand and each participant will carry one.
 - There will be water safety personnel in a speed boat for the canoe leg of the event.
 - Always check your teammates for physical concerns and water intake, along with any other team you might run across – safety first!
- **Injury Procedures**
 - Participants are to try to care for as much of their personal needs as possible (scrapes, etc.).
 - Each team will check in with the nurse at each checkpoint for injuries that may need attention (blisters, cuts, etc.).
 - In case of medical emergency 911 will be called using the chaperones cell phone. A call will then be placed to Lundahl to notify the situation. This will then be considered a school related injury and followed up accordingly.
 - The chaperone has absolute and final say to radio in for help and pull the team from competition for safety reasons (see “chaperone responsibilities”).
- **Boundaries & Supervision**
 - Each team is to use the map provided and to stick to the course.

- The use of washrooms will be made available at each checkpoint near the main entrance.
- Each team will be supplied with an approved designated chaperone to be used *strictly as an observer/supervisor*. This person is not to interfere with the team in any way unless an emergency occurs. The chaperone will travel with the team (on bike) following them and staying within sight at all times.
- **Rest Breaks**
 - Left to the discretion of the team, both in number of and in duration.
 - Best location for breaks would be at each checkpoint.
 - Remember to start slow and pace yourself as a team!
- **Checkpoints**
 - Locations are the main entrance at each school where there will be a marked race official.
 - Each team will present their map, passport, and any equipment that will be stored.
 - All waste will be disposed of at each checkpoint.
 - Team number and team name will be radioed in at each checkpoint to plot their progress.
- **Equipment**
 - Specialty equipment (canoe, inline skates, bikes, and associated equipment) will be located at the appropriate checkpoint in a marked location with a corresponding team number/number. This equipment will not need to be carried.
 - **Safety equipment for biking, inline skating, and canoeing are required** (helmet, knee pads, elbow pads, wrist guards, & life jackets).
 - LMS supplied items to be carried at all times include the map, compass, & rope.
 - Event shirts for identification with race bib.
 - Small pack to carry everything in (drawstring type works well)
 - Anything motorized or electronic is not allowed.

Suggested Student Materials Needed:

- | | | | |
|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Water bottle | <input type="checkbox"/> | Energy type snacks |
| <input type="checkbox"/> | Hat | <input type="checkbox"/> | Watch |
| <input type="checkbox"/> | Extra socks | <input type="checkbox"/> | Chap stick |
| <input type="checkbox"/> | Good running shoes (broken in) | <input type="checkbox"/> | Plastic bags (to keep items dry) |
| <input type="checkbox"/> | Athletic tape | <input type="checkbox"/> | Dress for the weather – raincoat, sweats, etc. |
| <input type="checkbox"/> | Clear tape (<i>Dermiclear</i> , used to prevent blisters) | | |

We are encouraging parents to take part in their child's participation in the activity, by helping them train, as a spectator, volunteering help, supplies, etc., or whatever you can do to help them accomplish their goal. If you have any question or concerns please contact the physical education department at 459-5971.

Application Proposal

A total of twelve teams will be picked for this event. Eleven teams based on the most qualified and one team by luck of the draw. Your personal qualities do not guarantee being accepted. It's based on the whole team in comparison to other teams that have applied. A previous sibling who may have participated in years past has no bearing on your qualification. There are no guarantees, but everyone has a chance! Good Luck!

Fill out the information below completely.

Name _____

Male Female

Team members _____

Team Name _____

Alternate _____

Medical History – mark any that may apply and explain or any other conditions that we may need to know about because of the type of event. (This has no bearing on your team being chosen.)

- | | |
|--|--|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Will you be taking medication during, or before, the event? |
| <input type="checkbox"/> Diabetic | <input type="checkbox"/> Heart condition |
| <input type="checkbox"/> Allergic reactions to bee stings etc. | <input type="checkbox"/> Other |
| <input type="checkbox"/> Reactions to Medication | |
| <input type="checkbox"/> _____ | |
| _____ | |

Do you have *regular* experience in: (check those that apply)

- Distance running
- Distance bicycling
- Inline skating
- Canoeing
- Orienteering

What is the furthest you have gone at one time for each of the above:

Running	1-3 miles	4-5 miles	5+ miles	8+ miles	Other_____
Bicycling	3-5 miles	6-9 miles	10+ miles	15+ miles	Other_____
Inline skating	1-2 miles	3-5 miles	5+ miles	10+ miles	Other_____
Canoeing	Never	Maybe 1 mile	2 miles	2+ miles	Other_____

Have you ever competed in organized races with any of the above events or combination of events, if so, list, along with total distances: (example – biathlon, triathlon, bicycle races, canoe river races)

Do you have a personal training program that you do yourself, if so, list your program?

What organized sports/activities have you been *enrolled* in within the last six months?

- | | | |
|---|--|--|
| <input type="checkbox"/> Recycling club | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Water skiing |
| <input type="checkbox"/> Archery | <input type="checkbox"/> Track & Field | <input type="checkbox"/> Cable/Ropes course |
| <input type="checkbox"/> Bicycling | <input type="checkbox"/> Wall/Rock Climbing | <input type="checkbox"/> Wrestling |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Tennis | <input type="checkbox"/> Fitness/Weight training |
| <input type="checkbox"/> Martial arts | <input type="checkbox"/> Football | <input type="checkbox"/> Gymnastics |
| <input type="checkbox"/> Inline skating | <input type="checkbox"/> Basketball | <input type="checkbox"/> Baseball/Softball |
| <input type="checkbox"/> Skateboarding | <input type="checkbox"/> Soccer | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Hockey | <input type="checkbox"/> Snowboarding/Skiing | |

Have you won an award for your athletic ability within the last year, if so, what for?

Community service or environmental programs have you been involved in (volunteering or without pay)?

Do you know how to read a road map efficiently?

Yes A little No

Do you know how to swim?

Yes A little No

What do you hope to accomplish by participating in this event (other than winning)?

How do you plan to achieve the previous answer?

What do you do to handle stress?

How would you describe your personality?

How would others describe your personality? (This is the tough one)

What assets would you bring to your team?

Are you prepared to take on an emotionally draining, socially stressful, and probably the most physically demanding event you have ever tried?

Extra space if needed for the above questions and/or any additional information you feel is important:

The above information has been filled out to the best of my ability with honesty and integrity.

Signature _____ Date _____

My child has my permission to participate in Lundahl's Fitness Challenge Marathon on October 8th beginning at 7:00AM until completion (no later than 4:00pm). I have read the above information and I understand the activity my child will be participating in.

Parent _____ Date _____

Student _____ P.E. Period _____