

# 24 HOUR CHALLENGE RUN

## LUNDAHL MIDDLE SCHOOL PHYSICAL EDUCATION



Above is the original 24 Hour Challenge Run design. Each design incorporates elements of the day and night. The number of runners is also representative of the number of teams participating in the event each year. Larger runners represent the adult team(s). Backwards runners represent the alumni team(s) coming back to the event. The highlighted years below are those where everyone made it through and nobody dropped out.

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| <u>'98-'99</u><br>7 teams<br>110 runners<br>1,131 miles<br>8:15 average mile | <u>'99-'00</u><br>15 teams<br>203 runners<br>2,467 miles<br>8:15 average mile | <u>'00-'01</u><br>14 teams<br>182 runners<br>2,237 miles<br>8:26 average mile | <u>'01-'02</u><br>18 teams<br>228 runners<br>3,059 miles<br>8:22 average mile | <u>'02-'03</u><br>17 teams<br>235 runners<br>2,613 miles<br>8:46 average mile | <u>'03-'04</u><br>21 teams<br>273 runners<br>3,269 miles<br>9:00 average mile |
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| <u>'04-'05</u><br>27 teams<br>338 runners<br>4,373 miles<br>8:15 average mile | <u>'05-'06</u><br>33 teams<br>389 runners<br>6,407 miles<br>8:19 average mile | <u>'06-'07</u><br>26 teams<br>335 runners<br>4,697 miles<br>8:40 average mile | <u>'07-'08</u><br>27 team<br>277 runners<br>3,741 miles<br>8:33 average mile | <u>'08-'09</u><br>21 teams<br>261 runners<br>3,599 miles<br>8:30 average mile | <u>'09-'10</u><br>24 teams<br>297 runners<br>4,307 miles<br>8:22 average mile |
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| <u>'10-'11</u><br>28 teams<br>346 runners<br>4,890 miles<br>8:39 average mile | <u>'11-'12</u><br>34 teams<br>416 runners<br>6,116 miles<br>8:15 average mile | <u>'12-'13</u><br>34 teams<br>407 runners<br>5,870 miles<br>8:40 average mile | <u>'13-'14</u><br>26 teams<br>321 runners<br>4,649 miles<br>8:30 average mile | <u>'14-'15</u><br>25 teams<br>302 runners<br>4,238 miles<br>8:34 average mile | <u>'15-'16</u><br>22 team<br>274 runners<br>3,672 miles<br>8:43 average mile |
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| <u>'16-'17</u><br>26 teams<br>315 runners<br>4,251 miles<br>8:58 average mile | <u>'17-'18</u><br>23 teams<br>208 runners<br>3,957 miles<br>9:00 average mile | <u>'18-'19</u> Cancelled at noon<br>22 teams<br>259 runners<br>2,839 miles<br>8:38 average mile | <u>'19-'20</u><br>teams<br>runners<br>miles<br>average mile | <u>'20-'21</u><br>teams<br>runners<br>miles<br>average mile | <u>'21-'22</u><br>team<br>runners<br>miles<br>average mile |
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**Students and parents please read everything.** Nearly all your questions should be addressed in the following information. This will help prevent any misunderstandings, as we get closer to the event.

**Objective:** The main goal with your team is to continue running for the entire 24 hours. By accomplishing this, several other goals that are even more important will also be accomplished.

- Goal setting and follow-through.
- Achievement and self-worth
- Team building
- Overcoming obstacles both physically and mentally
- Fitness awareness
- Provide a positive experience they'll remember for a lifetime!

**Success:** There are four characteristics of success that we use as a baseline for this program. All of which are achieved by this physical activity, but can also be achieved and used 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 run is a risk).
- **Committed to Integrity** - Be honest with yourself! Anyone can cheat or take the easy way out, 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. (Not just filling in times for your runs, in case you missed one, but making sure you do the running). The integrity of the event is also important. Participate in the program in the way it is intended, and work towards the goals you are trying to achieve.
- **Determined to Stand** – If there is something you believe in or feel strongly about then hold strong to it and not 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 in the run because they think it's not cool, but you believe in what you're doing and 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. 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).

**Requirements & Training:** In order to successfully achieve your goals we want to make sure you are ready both physically and mentally. Unfortunately we cannot do all the physical training here at school. On Monday's fitness days, those who are participating in the challenge run will be going out to the track to train. Each week this will increase in intensity until the final run. Since we can only do this once a week you will be required to do some training on your own each week. **The training in class does not count for training on your log sheet.** Track, baseball, soccer practice, etc., can be used in your training as long as it meets the uninterrupted running distance required and is timed. Enclosed is a log sheet that you need to follow and fill out to prepare for the run. You can always do more than what is suggested, but you should be running at least twice each week with recorded times along with parent initials. The following is other 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 from the program for mental and/or physical readiness, safety reasons, and to maintain the integrity of the event.***

- Attendance at all meetings.
- Parents have Okayed your participation.

- Log sheet filled out completely. This tells us you have prepared yourself on your own and that you are dedicated to the run.
- Bring in the log sheet each **Monday** to be checked by your P.E. teacher (**no later than Tuesday before the START of home room or you will be removed from the program, you will only be allowed 3 Tuesday turn-ins**).
- **Any walking during training in P.E.** – the training is not that difficult; show us you can make the commitment! If you are doing the required training at home this should not be a problem.
- **Health students** – since you do not have PE every Monday (fitness days) you'll need to do 3 training runs during those weeks to better prepare. Participants may be pulled from health class to participate in fitness days to observe progress and readiness for the event.
- **Must register on 8to18. A physical needs to be on file with the school within the past year of the current 24 Hour Run date.** Check in the health office to see if yours will be current for the event. Do not wait until the last minute.
- Do not train on a treadmill. The best training is done outside!
- The best time to train is right after school at the track, to get it done quickly and with the correct distances.
- MapMyRun.com – A good way to check or set routes for the correct distance in your community.
- Behavior and/or discipline issues.
- Failing any class at the time of the event.
- You have a positive attitude towards yourself, your teammates, and others who are participating in the run.

- \*\*\* This event may coincide with other personal or family commitments. If this involves you please make arrangements with your family and/or coach the best you can. If nothing can be done then it is your responsibility to notify the PE department and work it out with your team so that they can run in your place during the short time you would be gone. Choices and commitments need to be made, do not wait until the last minute; because it involves more than just yourself, your team is counting on you! We would prefer you make a commitment with your 24-hour run team to eliminate potential problems in the group.

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

- Teams of 12 – 13 (will be mixed boy/girl and grade levels. Teams will be arranged at later meetings).
- Each person runs for one mile (four laps) on the track then will hand off the baton to the next runner on his or her team.
- This relay continues until his or her turn is up again, continuing for the 24 hours.
- This is a running event and walking should not be a substitute in completing your miles.
- If a runner cannot continue because of injury or fatigue then the rest of the team continues with one less person. The school will then be expecting you in class for that Friday!

**Event Organization & Safety:** To provide a positive, productive and safe environment the following has been established for the day of the event:

- **Date & Time**
  - Thursday May 21<sup>st</sup> – Friday May 22<sup>nd</sup>.
  - Starts at 3:00 and continues for 24 hours, ending at 3:00 on Friday. Please do not call asking how long the run is, it's in the name of the event.
  - Participants will be excused from school Friday. This will be considered a P.E. field trip.
- **Tents & Supplies**
  - Items can be brought in just before school on the day of the event, to the lower gym and set along the wall. Not in front of the bleachers. Label everything!
  - Items not brought in before school should be brought in once the event starts.

- Kids will set up tents. Parents can help after the kids get out their usually after 3:00. This is part of their learning experience. Do not “stake out” an area and start setting up camp before the kids arrive.
- Tent doors face the 50 yard line.
- Practice setting up your tent before the event!
- **Parent Visitation**
  - Parents are allowed to “check in” anytime and can bring food or items if needed.
  - Please don’t hover, this event helps to teach the kids to be self-sufficient, please don’t inadvertently hamper their experience.
  - Please do not bring other people with to visit other than siblings or grandparents, unless they stay to the outside of the track. We need to manage the group and its numbers to run efficiently and safely for all those involved.
  - Please no siblings after 4:30.
  - At 9:00pm the event will be closed. Parents are still welcome to come by for quick visits anytime, but please let the kids experience the program on their terms.
  - If parents would like to spend more time at the event we will gladly add you to the volunteer list, or you are more than welcome to run with the adult team.
- **Food**
  - You need bring your own food.
  - Pack food needed for the entire 24 hours. It should not be your parent’s responsibility to bring food for every meal.
  - Make good food choices, fruit, energy bars, peanut butter, no chips, cookies, pop or other garbage.
  - Do not plan on food being supplied!
  - No power caffeine energy drinks!
- **Lighting**
  - Two diesel generators will be used for 20 foot high halogen lights.
  - 2-3 fire pits.
- **First aid**
  - First aid kit with all necessary supplies will be at the track.
  - Runners with asthma will be responsible for their own inhalers.
  - Emergency cards of each participant will be on hand.
  - Someone with first aid and CPR experience will be on the track at all times.
- **Sleeping**
  - There will be a boy’s and a girl’s section for resting or sleeping. These areas will be marked.
  - If you or your team has a tent, please bring one to sleep in and buddy up as much as possible.
  - Figure about 1 hour and 50 minutes of time between runs.
  - If it rains, assigned areas will be made available inside Lundahl.
  - Any sleeping or lying down in the common area, you will be directed to move to the tents.
- **Boundaries & Supervision**
  - All participants will remain on the inside of the track at all times.
  - Use of the washrooms will be made available inside, nearest the gyms through the cafeteria.
- **Incident Weather**
  - In case of light rain or cold the run will continue outside.
  - If severe weather conditions occur during the event (tornado, storm warning, or heavy rain), running and sleeping arrangements will continue inside, then will resume outside when possible.
  - Running inside will be 13 laps using both gyms.
  - There is no alternate date. We will do everything possible to not cancel the event.

- **Team Leaders**
  - Two team leaders will be picked for each team by the physical education department (usually 8<sup>th</sup> graders with one boy and one girl).
  - Green and yellow head bandanas will be used to identify these individuals.
  - Team leaders will also be required to come to the 6:00 pm adult meeting Tuesday before the event.
  - Team leaders will be responsible for: helping find people, identifying teammates, helping the team where needed.
- **Adult Coaches/Chaperones** (1 parent per 2 teams)
  - Making sure teams are at their locations (timers and on deck).
  - Delegate the need to find runners by the team leaders or other teammates.
  - The job is to help them if needed, not to do the work for them.
  - We will line up adult coaches with their child's team.
  - Multiple coaches for the same teams will be scheduled on a rotational basis at the meeting.
  - Team assignment, rotations, rules, and the chance to meet the team leaders will be at the 6:00 pm meeting the Tuesday before the event.

**Your Goal(s):** Is there a personal challenge that you hope to accomplish during this experience? Your goal is something that will challenge you in a positive way and keep you focused in the training and during the event, and can be seen or measured. People who set goals write them down and look at them at least once a day, achieve 86% of what they set out to do. Making steps to accomplish you goal will increase this percentage. This goal should appear at the top of your log sheet.

Examples of goals from previous participants:

- Keeping all your mile scores under a certain time.
- To beat your best mile time.
- To get in better shape (proof of this would be consistent better mile times).
- To be a team leader.
- To get a certain number of miles beyond what the event calls for (12-13 is normal during the run).
  - More that what you did last year.
  - 24 miles (averaging one every hour) (*\*Requires special attention*).
  - 26 miles (the distance of a marathon – 26.2 miles) (*\*Requires special attention*).

**24 miles, 26 mile goal setters:** We have had many students in the past accomplish these distances. As fantastic as these goals may be, your safety will come first! Not everyone can accomplish these and should be taken very seriously. In order to better accommodate your goal, we want to implement some safety checks to help you, and to maintain the integrity of your team.

- Parents must sign off on your goal on your log sheet.
- You will be assigned a parent coach to check in with to check your well-being.
- Once teams are assigned, let your team know of your goal and how you plan to get the extra miles (two miles at a time, one every hour, etc.).
- Because this is a team effort you will still run when your rotation is up.
- Train like a marathoner. Do your research and/or have an experienced marathoner help you train.
- Anything beyond these distances will not be recognized or allowed.
- Time your miles out so that you don't finish before the 24 hour is up, do not finish early. This puts a burden on your team, and you will be sent back to class.

**Suggested Student Materials Needed:**

- ✓ **Label everything!**
  - ✓ **Don't bring anything you can't risk losing!**
  - ✓ \$15 for team shirt & entry fee due two weeks before event (checks made out to School Dist. 47). What is not used for the shirts will be used to help run the event.
  - ✓ Sweats, both tops & bottoms
  - ✓ Hat
  - ✓ Extra socks
  - ✓ Gloves
  - ✓ Sleeping bag
  - ✓ Pillow
  - ✓ Blanket
  - ✓ Sports bag (to keep things in)
  - ✓ Extra shoelace
  - ✓ Flashlight
  - ✓ Lawn chair
  - ✓ Food (enough for 3 meals)
    - ✓ Oranges
    - ✓ Bananas
    - ✓ Dried fruit
    - ✓ Peanut butter & jelly sandwiches
    - ✓ No chips or other junk food please
  - ✓ Jug of water or reusable water bottle (no disposable bottles)
  - ✓ Watch with timer (optional)
  - ✓ Towel
  - ✓ Sunscreen
  - ✓ Tent (**buddy up as much as possible**, you do not need to be with your team).
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**School Equipment Supplied:**

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|---|---|--|
| <input type="checkbox"/> Stopwatches                                      | <input type="checkbox"/> Lights (for small generator)       | <input type="checkbox"/> Ice packs                 |
| <input type="checkbox"/> Orange backer-boards for stopwatches             | <input type="checkbox"/> Folding tables (4)                 | <input type="checkbox"/> Band-Aids                 |
| <input type="checkbox"/> Log sheets for mile times (1 for each team)      | <input type="checkbox"/> Bleachers                          | <input type="checkbox"/> Antiseptic ointment       |
| <input type="checkbox"/> Batons (1 for each team)                         | <input type="checkbox"/> Orange snow fencing (50 yards)     | <input type="checkbox"/> Derma-clear (2 rolls)     |
| <input type="checkbox"/> Big top tent (20x30)                             | <input type="checkbox"/> Garbage cans (4 – 55 gallon drums) | <input type="checkbox"/> Scissors                  |
| <input type="checkbox"/> Parent volunteer popup                           | <input type="checkbox"/> Garbage bags (20)                  | <input type="checkbox"/> Gauze pads                |
| <input type="checkbox"/> Quadrant number                                  | <input type="checkbox"/> Bull horn                          | <input type="checkbox"/> Lip balm                  |
| <input type="checkbox"/> Fire pits (2)                                    | <input type="checkbox"/> Black permanent markers (2)        | <input type="checkbox"/> Vaseline                  |
| <input type="checkbox"/> Wood & kindling (pickup truck load or full cord) | <input type="checkbox"/> Box of sharp pencils               | <input type="checkbox"/> Shaving razors            |
| <input type="checkbox"/> Fire permit                                      | <input type="checkbox"/> Swiss army knife (you never know)  | <input type="checkbox"/> Sunscreen                 |
| <input type="checkbox"/> Fire extinguishers (2)                           | <input type="checkbox"/> Student emergency cards            | <input type="checkbox"/> Hydrogen peroxide         |
| <input type="checkbox"/> Lighters (4)                                     | <input type="checkbox"/> First aid kit (1)                  | <input type="checkbox"/> Cotton                    |
| <input type="checkbox"/> Generators (2 large tow behind diesel)           | <input type="checkbox"/> Pre-wrap (3 rolls)                 | <input type="checkbox"/> Glide anti-friction stick |
|   | <input type="checkbox"/> Athletic tape (10 rolls)           |  |

**Donations of Material:** If you can help with the following please let us know.

- Firewood (Spit firewood that fits in fire pits, not green undergrowth or anything with nails)
- Parent volunteers (1-2 for each team, full time or on a rotational basis) – There will be a meeting at 6pm the Tuesday before the event in the library.

**Parent Team:** The Parent Team has been a success over the years and we will again be offering this great opportunity. In order to know those participating, and who is on school grounds, we ask that only those parents of children who are participating, or immediate family take part in the running event. Team(s) of 10 will be formed and run at the same time and in the same format as the student's teams. If you are interested in forming a team please use the link: [SignUpGenius.com](http://SignUpGenius.com) to get more details and to sign up. Parent team will have tie-dyed shirts for identification. Please bring \$15 for the "entry fee" which will include your shirt.

**Alumni Team:** Is there an alumnus out there that is interested in forming a team of previous 24-hour runners? If so you must be 18 years old or over, graduated high school, and have been in the event during your time at Lundahl. Team(s) of 9 will be formed, and run at the same time and in the same format at the student's teams. If you are interested in forming a team please use the link: [SignUpGenius.com](http://SignUpGenius.com) to get more details and to sign up. Alumni team will have tie-dyed shirts for identification. Please bring \$15 for the "entry fee" which will include your shirt.

We are encouraging parents to take part in their child's participation in the activity, by helping them train, as a spectator, volunteering help or supplies, etc., or whatever you can do to help them accomplish their goal. If you have any questions or concerns please contact the Mr. Kaiser or Mrs. Johannesen through e-mail or call 815-459-5971. Additional information on meeting(s), and duplication of this packet will be posted on [PhysEdFred.com](http://PhysEdFred.com)

### **Information about the 24 Hour Run is available:**

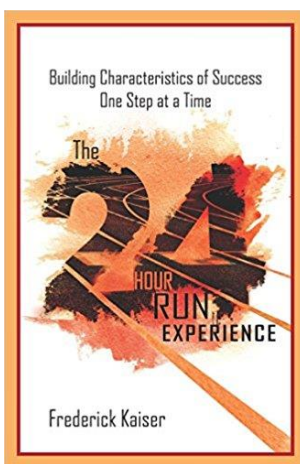
- Mandatory first meeting.
- This packet.
- Mr. Kaiser's & Mrs. Johannesen's websites.
- "Remind.com". A free informational texting service. To get weekly updates, we would like every participant to register:
  - Text to: 81010
  - Message: @24hrrun20a or @24hrrun20b or @24hrrun20c
- Inclass information and discussion.
- Final meeting (mandatory), two days before the event.

### **INVOLVED PARENTS**

We are using an on-line program to streamline parent sign ups. If you would like to:

- Joining an adult running team (Parents only. Include shirt size)
- Volunteer (We'd love to have you out there! Include the times you would be available or if you would like to volunteer for the entire 24 hours 😊)

Please sign up by going to my website at [PhysEdFred.com](http://PhysEdFred.com). Under the "24 Hour Run" information you'll find links to each of these. This link will also be on Lundahl's website. You will then be contacted by e-mail about any further information or meetings.



### **Get the inside story of the 24 Hour Run!**

The 24 Hour Run Experience book is authored by Mr. Kaiser and has been published by Wood N Barnes.

This book tells the story of one school's challenge to motivate students, to do the impossible, through physical education. If you've ever been involved in our 24 Hour Challenge Run or want to find out more about the event, then this is a must read. Whether you're a parent, teacher, student, or unrelated to the program, this is a motivational story that has something for everyone. The history and why we do it, my teaching philosophy, motivation behind the event, and stories through the years are full of inspiration and emotion, and shown in colorful photography.

Available through Mr. Kaiser, or at the 24 Hour Run for **\$10** (20% will be donated to the event).





**Return this sheet to Mr. Kaiser or Mrs. Johannesen**

My child has my permission to take part as a participant in Lundahl's 24 Hour Challenge Run on Thursday May 21<sup>st</sup> 3:00pm until Friday May 22<sup>nd</sup> 3:00pm. My child and I have read the above information, and we understand the responsibilities of both the parents and the student participants, and the activity will be participating in.

Guardian(s) \_\_\_\_\_ Date \_\_\_\_\_

Student \_\_\_\_\_

PE (Health) Class Period:

Check one

|  |                          |                          |                          |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|  | 8 <sup>th</sup> gd.      |                          | 6 <sup>th</sup> gd.      |                          | 7 <sup>th</sup> gd.      |                          |
|  | /                        | \                        | /                        | \                        | /                        | \                        |
|  | Per. 2                   | Per. 3                   | Per. 4                   | Per. 5                   | Per. 7                   | Per. 8                   |
|  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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Official Photography Release  
For Fred Kaiser & Lundahl Middle School

I hereby give permission to Fred Kaiser and Lundahl Middle School (District 47) to use my name and photographic likeness in all forms and media for news, advertising, publications, presentations, websites, internet live feeds, and any other lawful purposes.

Guardians Consent for Models under 18: (at least one signature)

I am the parent/legal guardian of the following children, and have read this release and approve of its terms in their behalf.

Printed Name of Child: \_\_\_\_\_

Print Name: \_\_\_\_\_ Print Name (spouse): \_\_\_\_\_

Signature: \_\_\_\_\_ Signature (spouse): \_\_\_\_\_

Date: \_\_\_\_\_