

Ready! Set! GO!!!

The Little Rockers Marathon training for Forest Park students is off and running! And it's still not too late to get signed up to join us. The adults do their marathon all in one day, but the kids get to take 4 months! Many miles have already been accomplished (like 4 miles just in PE class alone!). Others have been done at soccer practice, tennis, etc. (See Mrs. Laster or Coach Smith, to figure out about how many miles your child may have already done). Then to help get in more miles before the final lap on March 3, 2012, we will be meeting EACH afternoon after school. We will be getting in some fun miles on the track, assuming that it is above 32 and no precipitation! Mrs. Laster will be standing in the center of the track (West side of school) by 2:45 and will stay till at least 3:00 pm to help make getting your miles in fun and easy with friends. We'll have "Do a Mile on Mondays". And every Friday is fun day (see themed schedule below). Plus, this year we're hoping to make hats to wear on March 3. ☺

Here's all you need to do:

- 1) Register! Go to:
https://littlerockers.racesonline.com/index.cfm?regtype=1&fuseaction=site.reg_form&init=true
and click on Forest Park. Cost is \$25 until 2/24/12.
- 2) Fill out permission/waiver form for training that was sent out last week and give to teacher/coach.
- 3) Come and train with us every afternoon from 2:45-3:00 on the school's track. (optional)
- 4) Get in miles at soccer, basketball, walk to school, play outside, ride bikes with the family, etc.
- 5) Come downtown on March 3 and finish your last mile with a 1000 other kids from all over the city and receive a medal, goodies, and a feeling of community service and personal accomplishment for life. ☺

See you at the track!

Mrs. Laster

Fun Day Fridays schedule:

1/20 – silly laps

1/27 – relays

2/3 – bring a dog, friend, parent to do laps with

2/10 – bring your scooter, skateboard, jump rope, bike

2/17 – wear a hat day!

2/24 – anything goes day!

3/2 – start & finish line sprints day!