

## CARDIO CLUB - Fall 2021

Dear Parents of Kindergarten through Fifth grade,

Madison students are once again invited to participate in our walking / running club. The program is called Cardio Club. This is another opportunity for students who enjoy running or power walking to improve their cardio endurance and at the same time earn toe tokens. One toe token is earned for every mile jogged or walked at Cardio Club. Every 10 miles also earns you a big foot and a total of 25 miles earns you a #25 medal. A total of 50 miles earns you a #50 medal and running 75 miles earns you a #75 medal. If you total 100 miles, you earn a blue ribbon. Remember, you may also keep all the toe tokens that you have earned and you continue to earn a big foot for every 10 miles you run or walk. Toe tokens from previous years count towards medals. Please check the schedule below. We will meet in the back of the school, south side of the gym. **Cardio Club will be canceled if there is rain, thunder or lightning.** There is no fee. The PTO provides toe tokens and fitness chains.

Thank you,

**Mrs. Rickert**

Physical Education Teacher

**Mrs. Collins**

Resource Teacher

TIME - 8:00 - 8:30 am

Wed. Sept. 22

Wed. Sept. 29

Wed. Oct. 6

Wed. Oct. 13

Fri. Sept. 24

Fri. Oct. 1

Fri. Oct. 8

Fri. Oct. 15

I will walk Mrs. Vercoe and Mrs. Egan's kindergarten students to their classroom after cardio club. If your child has medication at school that I should be aware of please indicate below.

---

### CARDIO CLUB PERMISSION SLIP

\_\_\_\_\_ HAS MY PERMISSION TO PARTICIPATE IN  
MADISON'S CARDIO CLUB

PARENT SIGNATURE \_\_\_\_\_ MEDICATION \_\_\_\_\_

TEACHER \_\_\_\_\_ DATE \_\_\_\_\_

**IMPORTANT SAFETY - Crossing at Madison Street and 7th is extremely dangerous. Please help us to keep your children safe! Students should cross at 6th Street and Madison with our Crossing Guard, who is available to safely assist all students.**

