

GO VERNON HILLS



HAWTHORN MIDDLE MARATHON

WALK A MARATHON BY HOLIDAY BREAK!

In this FREE program, you will walk 26.2 miles by Holiday Break! Each 30-minute walk will equal approximately two miles.

Come to the first walking date to sign up. Participants will receive a tracking punch card and prizes.

Weather permitting, walks will be outdoors. In case of inclement weather, students will walk indoors.

LOCATION: Middle North Fitness Room

TIME: 2:15-3 PM

WALKING DATES:

- Tuesday, October 9
- Tuesday, October 16
- Thursday, October 18
- Tuesday, October 23
- Tuesday, October 30
- Thursday, November 1
- Tuesday, November 6
- Tuesday, November 13
- Monday, November 19
- Tuesday, November 27
- Tuesday, December 4
- Tuesday, December 11
- Tuesday, December 18

GO VERNON HILLS, presented by Vernon Hills Park District, is a community walking movement designed to promote community values of health and wellness. Vernon Hills Park District has partnered with the Lake County Health Department on its county wide initiative to improve the health of Lake County residents.

VHPARKDISTRICT.ORG



PLEASE RETURN THIS PERMISSION SLIP HAWTHORN MIDDLE MARATHON

I _____(Name of parent) allow _____(Name of student) to participate in a walking club activity sponsored by Hawthorn Schools and Vernon Hills Park District. My child will be prepared for the outdoor walking activity, demonstrate appropriate school behavior and we (I) will pick up our student at Hawthorn Middle North at 3:00 p.m. on walking days.

Please check below if your child will walk home or be picked up:

- My child can walk home
- My child will need to be picked up

DATES:

October 9, 16, 18, 23, 30,
November 1, 6, 13, 19, 27,
December 4, 11, 18

Parent Signature _____

Student Signature _____