

2020  
The 5th Annual  
Cambridge School  
100 Mile Summer Challenge



Mrs. O'Brien **CHALLENGES** our current **Cambridge Students (K-5) and Staff** to stay active this summer by completing **100 Miles** during the months of **July** and **August!**

Since starting the challenge in 2016, our Cambridge Cougars have accumulated:  
**30,602 Miles!**

**How can you accomplish 100 miles?**

**It's simple. Here are just a few ideas to get you started:**

Walk, Run, Bike, Swim, Roller skate, Hike, Scooter (non-electric), etc.....

**SAFETY FIRST:** You should always have your parents permission and/or supervision during your activities, but for this summer challenge.....**ONLY STUDENT MILEAGE** will be recorded. *Please remember to be safe and keep hydrated by drinking water during your activities, Make sure you always wear your bike helmet when biking, scootering, skating and **NEVER** swim or do water activities alone!*

**To participate in the challenge, please have your parents:**

- Register you **no later than, July 1st** by filling out the following Google Form:

[Registration Form: \(2020\) 100 Mile Summer Challenge](#)

- This summer, **all communication** will take place via the **REMIND App**. Please register @ [100 Mile Remind App](#). You can select if you want to receive email or text message notifications. Mrs. O'Brien will **ONLY** be communicating through this app. You can send messages directly to Mrs. O'Brien through the app.
- Map out a route for you to utilize for your designated activities. This challenge is about intentionally accumulating mileage. The only activity that will be converted from time will be **SWIMMING**. 15 Minutes of **ACTIVE SWIMMING** (not floating or playing) will equal a quarter (¼) mile. *Again....this challenge is about intentionally earning mileage. Please do not covert mileage from step trackers (ex. Fitbits, watches, phones....etc).*
- Starting on July 1st, you may begin tracking your mileage.
- Share your adventures on our [100 Mile Summer Challenge Padlet](#). You may inspire others to try a new activity or visit a local trail!
- Take your picture. During the summer have your parent's e-mail a picture to [Christina.O'Brien@sbschools.org](mailto:Christina.O'Brien@sbschools.org) of **YOU** doing **one** of your activities. Please do not include other people in your picture. The deadline for pictures will be **August 15th**.

All students who participate **and** complete the 100 Mile Summer Challenge will receive a certificate!

**Please see the next page for your first mileage form!**

Name: \_\_\_\_\_  
 Grade/Teacher in September 2020: \_\_\_\_\_

Please Remember: The 100 Mile Summer Challenge will begin  
 July 1st and end August 31st

Date	Type of activity	Distance ¼, ½, ¾, 1 mile etc.	Parents initials
7/1/20			
		<b>Total Mileage:</b>	

All Mileage Forms are due back to Mrs. O'Brien no later Friday, September 4th.  
 Please remember 15 Minutes of ACTIVE SWIMMING will equal a QUARTER MILE.  
 \*Please do not submit DAILY FITBIT/Steps MILEAGE!