

Welcome to the  
5th Annual Cambridge School  
100 Mile Summer Challenge!



Please review the following information  
with your participant before starting the  
program!

You can click [here](#) to watch a video of  
Mrs. O'Brien reviewing the expectations  
of the program!

As a reminder, the challenge officially starts on **Wednesday, July 1st** and will end on **Monday, August 31**. Please do not count anything done before or after the challenge time frame.

Please remember that I **will not** be utilizing EMAIL over the summer. All communication will take place via the REMIND Notifications. If you have not signed up for it, please click on the blue link to register: [REMIND](#). You can contact me with any questions via the REMIND at anytime and I will get back to you right away.

This challenge is about earning **\*INTENTIONAL MILEAGE\***! Participants should go outside and intentionally earn miles during the summer months by doing aerobic activities that can be measured by distance: *biking, canoeing, hiking, jogging, kayaking, paddleboarding, scootering, skating, swimming, walking etc.*

*\*To reap the benefits of aerobic exercise, all participants should aim for 30-60 minutes of the suggested aerobic activities each day. Walking from ride to ride at a theme park should not be considered as intentional mileage as you are not reaping the benefits of aerobic exercise with all of your stops!*

Over the course of the 62 days, to reach the 100 mile goal, the challengers should aim for 1.61 miles of activity each day. When challengers reach the 100 mile goal....KEEP GOING- DON'T STOP! This challenge was designed to keep participants active ALL SUMMER....not just a few days or weeks!

Please remember that all activities, with the exception of **SWIMMING and WATER SPORTS**, should be measured in pure mileage. Adults should help the participants measure a route so they know how far they are going. Please be true to the challenge and avoid "guessing" how far participants went.

The only activities where time can be converted into mileage are **SWIMMING and WATER SPORTS**. For every 15 minutes of "active" swimming and/or paddling (not just playing in the water) the participants can record 1/4 of a mile.

Dance, exercise classes, gymnastics, hula hooping, jumping rope, martial arts, playing on the playground, sport practices/games, trampolining, yoga, etc ....should not be counted towards your mileage as the participants **can not** measure their distances in those activities.

### **SAFETY FIRST**

1. Participants should **ALWAYS** ask an adult for permission to go outside to earn their mileage!
2. **BIKE HELMETS** should be worn for any activities that are "wheel" based.
3. Please remember that for all water activities an adult or lifeguard should be present. If you are doing **water sports** such as canoeing, kayaking and paddleboarding a life vest should also be worn!
4. Try to go outside early in the morning or when the sun has gone down to earn your miles. If there is an excessive heat warning, Mrs. O'Brien will send a reminder through the REMIND.
5. **HYDRATE, HYDRATE, HYDRATE!** Please drink plenty of water before, during and after your activities!

### **IMPORTANT NOTE REGARDING STEP COUNTERS:**

Please do not submit daily step counter mileage! You can use the devices to track the length of a walk etc., but daily steps that have been converted into miles **should not** be submitted.

**For Example:** *Mrs. O'Brien went for a two mile walk first thing this morning. At the end of the day after doing all of her daily chores, Mrs. O'Brien's watch said she had 15 miles. Mrs. O'Brien would only count the 2 mile walk that she **INTENTIONALLY** went on in the morning, not what her Fitbit reported at the end of the day.*

### **MILEAGE FORMS:**

All participants and the adult who registered them, should have received access to a personalized "Digital Mileage Form" on Google Sheets via the email address that registered the participant. You can also have your student check their school drive to access it. When searching your email or the students drive it should read:

**"Their name": 2020 100 Mile Summer Challenge Mileage Form**

I encourage everyone to use this as a way to accurately track the participants progress. I too have access to the form, so I can also check in on everyone!

### **PADLET**

Through out the summer, please post pictures of your participant on the following Padlet. Post where their adventures are taking place. You may inspire someone else to try a new activity or visit a new location.

Click on the blue link below to access the padlet and bookmark it for quick access:

[\*\*100 Mile Summer Challenge Padlet\*\*](#)

### **INDIVIDUAL PICTURES:**

Please remember to send one digital picture of your participant doing one of their activities to [Christina.O'Brien@sbschools.org](mailto:Christina.O'Brien@sbschools.org) by **Saturday, August 15th**. Please make sure that this picture is of the participant alone. This should also be a "current" picture of the participant. This is the only item that should be emailed over the summer. Please do not submit the picture via the REMIND.

**Please Note:** *If your child is on wheels, please make sure they are featured with their bike helmets on and for water sports they are wearing a life vest!*

Finally, I am so proud of all the students and staff who have accepted the challenge. Be safe and have fun while being active this summer. Please use the following hashtag #100MileCougars when posting pictures to social media and if you are on Twitter, please tag @CWOBrien1

If you have any questions, please do not hesitate to contact me via the [REMIND](#).

Have a great summer! Go Cougars!