



FEB 22 – MAY 2, 2020
SPACE COAST
COUNTDOWN TO
FITNESS & FINAL MILE

COMMANDER'S KIT



Launch your school
into action

Kids run a marathon,
26.2 miles, over
10 weeks

Great benefits
for schools,
commanders,
& students

Celebrate
accomplishments at
the FREE Space
Coast Final Mile

RUNNING ZONE
FOUNDATION
3696 N. Wickham Rd
Melbourne, FL 32935
321-751-8890

countdowntofitness.org

Agenda: Registration Guide

2. Timeline
3. Commander's Checklist
4. Introduction Letter
5. Commitment Letter
- 6-7. Know the Facts
8. Mileage Tracker

Timeline

CHECK ✓	DATE	TIMELINE	TIME
	NOW!	Reach out to students for maximum participation	NOW!
	Dec 9-16, 2019	Registration OPENS for COMMANDERS ONLY	9:00 AM
	Dec 17, 2019	Registration OPENS for students	9:00 AM
	Feb 1, 2020	Registration CLOSES for everyone	11:59 PM
	Feb 20, 2020	Commander's pick up at Running Zone	4:00 PM
	Feb 22, 2020	Start of 10-week program	
	April 1, 2020	Registration OPENS for Final Mile	9:00 AM
	April 28, 2020	Registration CLOSES for Final Mile or until capacity is reached at 1,000!	11:59 PM
	May 2, 2020	Space Coast Final Mile VIRTUAL	10-6:30
	May 5, 2020	Pick up finisher medals at Running Zone	Store hours

For more information at any time, please email Erin erin@runningzone.com

or call Running Zone at 321-751-8890

www.CountdownToFitness.org



Commander's Checklist

Commanders Receive:

- **T-shirts** for students, commander and up to 3 Commander Assistants
- **Banner** to hang at school for first year enrollments to use annually
- **Mileage Tracker** for students – can download off website or Running Zone can print upon special request
- **Milestone awards** – 4 per registered student (one for every 5 miles completed)

Space Coast Countdown to Fitness: *10-week Program*

- **Dec 9-16, 2019:** Registration OPENS – commanders must register themselves and their school.
- **Dec 17, 2019:** Students will register under their school team. If the commander needs parent assistants to help during the program they must register as well if they would like a t-shirt. www.countdowntofitness.org/register
- **February 1, 2020:** Registration CLOSES for Countdown to Fitness– make sure all students and parents know the registration deadline for the program
- **February 20, 2020:** Commanders pick up banner (if 1st year participating schools only), awards, t-shirts and other items at Running Zone (3696 N. Wickham Rd, Melbourne, FL 32935)
- **February 22, 2020:** 10-week program begins!
 - Hang banner up at your school
 - Every participating student receives a Mileage Tracker to keep track of their 26 miles
 - Each student receives a Milestone Award for every 5 miles completed (4 awards total to be given out by Commander)

Space Coast Final Mile: *The last mile of the program has gone VIRTUAL*

- **April 1, 2020:** Registration OPENS for Final Mile (capacity 1,000)
- **April 28, 2020:** Registration CLOSES for Final Mile or if capacity is reached at 1,000
- **May 2, 2020:** VIRTUAL FINAL MILE!
- **May 5, 2020:** Pick up your Space Coast Final Mile finisher medal at Running Zone!

Please contact Erin erin@runningzone.com if you need to reschedule a pick-up date/time.



COMMANDER'S KIT

Hi, my name is _____ and I will be your commander for the 2020 Space Coast Countdown to Fitness & Final Mile. This **FREE** program, hosted by Running Zone Foundation, is for all elementary and middle schools in Brevard County to promote fitness and reduce childhood obesity.

Starting on **February 22, 2020** students will run or walk 25.2 miles over a period of 10 weeks and keep track of their miles by coloring tracking sheets. Students will receive prizes for every 5 miles completed to keep them motivated

Running Zone Foundation will provide students with Countdown to Fitness t-shirts with the school color. (teams of less than 15 will receive white) Tracking sheets can be downloaded and printed from the website CountdownToFitness.org

Highlights:

- Students will participate in a fun-filled mission to live happier and healthier lives
- The school with the largest participation (based on participation as a % of the school population) will win a cash prize
- All students who register and run the Space Coast Final Mile VIRTUALLY can pick up a finisher medal at Running Zone starting May 5th.

To register (with a parent or guardian), visit countdowntofitness.org

If you do not have internet access, please contact your commander for a manual registration form

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I _____ (name) commit to running 2.5 miles per week, from blast off on February 22 to the Space Coast Final Mile on May 2, 2020.

I understand that this is not a race but a plan to set goals, have fun and be healthy! I promise to give it all I have and encourage my friends to join the fun and run!

I will track my miles each week by coloring The Countdown to Fitness Mileage Tracker.

Student Signature _____



Know the Facts

THE BENEFITS OF PHYSICAL ACTIVITY

Exercising 60 minutes a day can help:

- Maintain a healthy weight
- Build strong bones, muscles, and joints
- Put children on the path to a healthier lifestyle, making them become active adults
- Control weight

- Reduce fat
- Maintain healthy heart and lungs
- Build overall strength and endurance
- Improve sleep
- Decrease potential of becoming depressed
- Increase energy
- Increase chances of living longer
- Increase confidence and self-esteem
- Improve test scores, grades, and time management skills
- Boost concentration, memory and classroom behavior
- Strengthened social and cooperative skills, such as teamwork and problem solving
- Reduced anxiety and stress

PHYSICAL ACTIVITY & OBESITY

Physical activity, along with proper nutrition, is beneficial to people of all ages, backgrounds, and abilities. And it is important that everyone gets active: over the last 20 years, there's been a significant increase in obesity in the United States. About one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents (aged 2-19 years) are obese.

The health implications of obesity in America are startling:

- If things remain as they are today, one-third of all children born in the year 2000 or later may suffer from diabetes at some point in their lives, while many others are likely to face chronic health problems such as heart disease, high blood pressure, cancer, diabetes, and asthma.
- Studies indicate that overweight youth may never achieve a healthy weight, and up to 70% of obese teens may become obese adults.

Even more worrisome, the cumulative effect could be that children born in the year 2000 or later may not outlive their parents.



- Obesity has personal financial and national economic implications as well. Those who are obese have medical costs that are \$1,429 more than those of normal weight on average (roughly 42% higher). And annual national direct costs of childhood obesity are \$14.3 billion.

THE IMPACT OF PHYSICAL ACTIVITY ON YOUR HEALTH

Regular physical activity can produce long-term health benefits. It can help prevent:

COMMANDER'S KIT

- Heart disease, cancer, and stroke (the three leading health-related causes of death)
- High blood pressure
- High cholesterol
- Stroke
- Type 2 diabetes
- Heart disease
- Cancer



Mileage Tracker

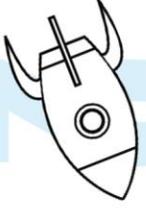
Prizes and incentives for every 5 miles completed!

Health First



FOR MORE INFORMATION:
countdownfitness.org
 Running Zone Foundation
 321-751-8890

Name: _____ School: _____

Color in the miles as
 you complete them.
 Run the Final Mile
 of the Marathon
 on Race Day.

