



January 10, 2019

Parents of APCS Students!

Students have started the 100 Mile Challenge! They will have until May 5, 2019 to complete 100 miles of walking, running or jogging (sorry, no bicycling or motorcycling allowed).

They will have plenty of chances to take on the mileage during school hours! Students have access to the Academy Track during P.E., recess, and after lunch.

Students that take laps around the track must have permission from their homeroom teacher and have supervision for accountability to how many times they make it around the track.

Students that reach these landmarks will WIN a PRIZE:

- 25 Miles
- 50 Miles
- 75 Miles
- 100 Miles

For Students to receive credit for mileage/distance at home they may use an APPROVED Watch/GPS Device (which is not required or needed). At this time, Fitbit devices are not allowed due to GPS inaccuracy of device. Please check with Ms. Tera for approval of devices or questions!

The other OPTION is to use a Smart Phone, download the APP "Strava" and create an account at no cost –FREE! Once an account is created, they can "FOLLOW" Ms. Tera (Tera Pruet) on Strava and she can keep track of mileage obtained at home. The Strava APP can be used to track distance, pace and to record your run/activity! Super easy to use. Once account has been created, you hit the RECORD button on the bottom of the screen, hit START, run/walk/jog distance, then hit STOP, FINISH and SAVE ACTIVITY. If you do not hit STOP/FINISH the activity will not save and will not be counted.

The kids are super excited and will be working together as a team!

We have encouraged the students that this is NOT a competition! Merely a GOAL for each student to be proud of accomplishing!

If you have any questions, please feel free to contact me at 828-712-4906.

Tera Pruet
APCS P.E. Teacher