

Midnight Mile Information

Date & Time

- Friday, September 28th - Saturday, September 29th
- Starts at 9:00 am and continues for 24 hours- Students should be in the gym **no later** than 8:20 am.
- Student runners will be excused from school Friday.
- Students are responsible for making up all missed assignments.

Arrival times

The following are the times per grade level for tent set-up: **6th grade: 6:30-7:00am**
7th grade: 7:00-7:30am
8th grade: 7:30-8:00am

In the event that the above time will not work, please let one of the PE teachers know that you will need to set up earlier. It is acceptable to set up your tent earlier than 6:30am, but it is at **your own risk**. Please be aware that no staff members will be present at that time, nor will we be responsible for your items.

****All participants should be in the gym and lined up in their teams by 8:20am.****

What to bring:

Clothes, clothes, & more clothes	Hat	Bag to keep things in
HEALTHY food for 24 hours	Tent (A must!)	Ipod/Cell phone (at your own risk)
Appropriate running shoes	Water bottle	Money to purchase food (at your own risk)
Blankets	Gloves	Medication that is required for you to take
Pillow	Extra socks	TARPS
Sleeping bag	Flashlight	
Rain gear		

Rest

In order to be able to run you must have energy! Our bodies recuperate by eating healthy foods and getting lots of sleep. Make sure you are doing these things on the day of the event. **YOU WILL BE SENT HOME IF YOU ARE TOO TIRED AND/OR EXHAUSTED TO CONTINUE!**

Safety

During the night, portable lights will be scattered throughout the football field, and fire pits will be available to warm you up and roast marshmallows. This can be very dangerous if students are not paying attention or being careful about what they are doing. For these reasons, teachers and parent chaperones will be supervising each area. There will be **ABSOLUTELY NO RUNNING OR ROUGH HOUSING** on the infield. Reckless behavior will get you sent home!

Behavior

Participating in the Midnight Mile is a privilege. Last year, approximately 500 students successfully complete training and earn the privilege of participating in this wonderful event. We look forward to seeing each and every student accomplish their goals and have fun during this special time. However, with such a large number of students participating, good behavior is extremely important. Regular school rules and policies will be enforced. If a student's behavior becomes problematic, removal from the event will be left to the discretion of the PE department and Administration.

Medication

If you are a student who takes medication on a regular basis, please make sure you have it with you on the day of the event. **You are responsible for taking your medication as needed.** Your parents may come and dispense it to you. If you are asthmatic and use an inhaler, you will be allowed to carry your inhaler with you.

Tents

You **MUST** have a place to sleep. If you do not have sleeping arrangements made prior to the day of the event, you will be sent home. Set up your tent only on the number of the plot you signed up for. Girls' camp area will be on the left and the boys' camps area will be on the right. Only the tent owner will be allowed to accept the tent place card & drive down to the track on the morning of the event. Everyone else must park in the lot and walk down. You are not allowed in any other tent other than your own. Hang out in the commons area!

Food

Please make healthy choices. Good choices may include things like vegetables, fruit, sandwiches, granola bars, cheese, crackers, pretzels, bagels and juice/sport drinks. ☺ We will have Jersey Mike's sandwiches available for purchase during lunch and Legit Dogs food truck for purchase during dinner at the event. Your family is welcome to bring you food throughout the event as well. Please do not eat right before it is your turn to run! This never ends well. ☺

Leaving Early

Under **NO** circumstances should a participant leave **PRIOR** to 9am- even if you do not expect to have to run again! You have made a commitment to this event and your peers. This was outlined in the registration packet very clearly and you agreed to these terms as a participant. Any participant that leaves early will not receive their event t-shirt.

Walking

Keep in mind this is a **RUNNING** event! This is what you trained for, this is what you worked for, and this is what you **CHALLENGED** yourself to do. Remember, you can run as slow or as fast as you would like, but you must **RUN**. You came into this event understanding our goal, and yours, and we will hold you to it. Dropping out of the event also causes **ALL OF YOUR TEAMMATES TO RUN MORE OFTEN**, do your best to uphold your end of the bargain. Those participants that simply cannot continue will be sent home.

Visitation

Parents can come to visit you at any point during the event and as often as they would like. We only ask that they sign in at the entrance and sign out when they leave. Minors must be accompanied by an adult. We will have your tenting and team numbers available for them at the sign-in table.

Weather

The run will continue during inclement weather as long as there is no thunder or lightning. If severe weather conditions occur during the event (thunder, lightning, tornado watch, heavy rain), the event leadership team will meet, review the circumstances, and make a decision regarding the event's eligibility. If the event must be stopped, no refunds will be issued due to event cost. The event will not continue indoors due to safety concerns and space constraints. Finisher shirts will still be awarded. Please note that participants must have a ride on standby in the event of a cancellation during the event.

Good luck! Remember to have a positive mental attitude and to encourage others as well! We are all here to push and challenge ourselves. Be supportive of one another! If you still have questions, please see a PE teacher. We cannot wait to see you on the day of the event!

Event Directors:

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Mr. Aaron Godfrey (224)484-4544
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