



BGS—BISON STRIDERS CLUB

Tentative start date Monday, September 21

You are invited to join our BGS Bison Striders program which promotes exercise through running or walking during lunch recess! Students can track their mileage every week and earn rewards after certain goals have been accomplished. Here are the details:

When: Every Day during lunch recess (Weather permitting)

Where: BGS Track (8 laps = approx. 1 mile)

Who: All BGS students whose parents have registered them by e-mailing park@bgs66.org. Each strider will receive a QR card that they need to have with them as they walk/run. Bison Striders will be rewarded for distance.

Personal Incentive Details: As the club members complete each lap, they will have a QR code scanned by a QR code reader. At the end of the time period, the program will record their distance for that day. As students meet certain mileage goals, they will receive toe tokens and other incentives. We are in the process of updating our Bison Striders mileage incentives—but here is the list from last year:

Just to join- Mileage Club Necklace

5 miles- Toe Token and a pencil

10 miles- “Ten Toes” token

15 miles- Toe Token and a Dog Tag

20 miles- Toe Token and a wristband

25 miles- Toe token

30 miles- Toe Token and a cup

35 miles- Toe Token

40 miles- Toe Token and a sport bottle

45 miles- Toe Token

50 miles- Toe Token and T-shirt

Each additional 5 miles after 50 will receive a Toe Token

Sign-Up Information: To sign your child up for the Mileage Club, please e-mail your name, your child’s name, and the name of their homeroom teacher to park@bgs66.org. Please title your e-mail “Bison Striders.”