1. What is the Feelin' Good Mileage Club?
The Mileage Club program is an individual goal-setting program that rewards children for being more active during lunch and recess breaks (see www.fitnessfinders.net for details). Children get personal cards punched during recess for each mile that they run or walk on an outdoor running loop set up at their school. The program has been highly successful in Ames and Story County (through financial support and coordination from Mary Greeley Medical Center). We would like to help other schools establish and maintain their own Mileage Club programming and have resources to assist schools interested in setting up their own program.

2. Who can participate in the ISU CCPH sponsored Mileage Club?
Any public, private or parochial school (grades K-6) in Iowa. We are specifically recruiting schools in five counties including Boone, Hamilton, Hardin, and Marshall this year but welcome all schools interested in participating.

3. What is the cost?
There is no cost to the school. The ISU Campus Community Partnership for Health is sponsoring the Mileage Club materials and incentives for participating schools. A limited number of free Mileage Club kits are available for schools interested in piloting this fun program. Visit www.iowamileageclub.org for more information.

We are working to help schools and communities promote physical activity in youth and have funding through a Harkin Community Wellness Grant to provide direct support to participating schools and communities. The overall goal of this project is to help schools and communities plan and implement fun and creative physical activity programming.

4. What are the incentives?
The basic Mileage Club program is designed to provide each student with a Toe Token for every five miles completed. These are very popular among the students! Children get rewarded with tokens documenting their overall mileage and can earn prizes for achieving a designated goal distance (e.g. 25 miles). It’s up to the school to provide other incentives (Examples include t-shirts or sporting goods). Any additional incentives beyond the Mileage Club toe tokens is up to the discretion of the participating school’s administration and coordinator.

5. How much classroom time is required?
The Feelin' Good Mileage Club does not require classroom time for implementation or training. Recording of completed Mileage Cards and awarding of prizes will take a minimal amount of teacher
and coordinator time but this could also be done through Physical Education. Each teacher of the participating classrooms will record the student’s name and number of laps for three Mileage Club days each week. The school will designate a Mileage Club Coordinator who will record the laps and number of students participating from each classroom each week.

6. **Does my entire school have to participate?**
No. We would like to have all classes in your school involved, but it is not mandatory. Just a single class or grade level may participate.

7. **What staffing is necessary to implement the Mileage Club?**
Each school needs an enthusiastic Coordinator and individuals to mark the Mileage Cards as the students walk. These individuals may be parents, grandparents, playground supervisors, teachers or even older students under adult supervision.

8. **How do we get started?**
   a. Find an enthusiastic group or person to lead the program in your school
   b. Complete and return the enclosed sign-up sheets.
   c. Materials will be sent to your school’s coordinator.
      a. Packets and instructions
      b. Guide on using the website for tracking.

9. **How long is the Feelin’ Good Mileage Club conducted?**
A 6-week session, **Monday, April 12 – Thursday, May 21**, is scheduled for this spring. If necessary, your program may be conducted during dates more conducive to your schedule, but a minimum of 6 weeks is required. Please let us know of any date changes. Please aim for a minimum of three Mileage Club days a week.

10. **How do coordinators obtain incentive awards?**
This year awards (toe tokens) are provided to the coordinator prior to the start of the program. To receive the correct number of toe tokens, we will need an estimation of the number of classrooms and participating students. Coordinators may request additional awards from Fitness Finders (www.fitnessfinders.net) via phone (517-750-1500), fax (750-4584) or e-mail: mileageclub@fitnessfinders.net.

**Where do I get more information on the Mileage Club?**
Please Call or email Yolanda Coilat yolandac@iastate.edu with any questions regarding Mileage Club Iowa

Visit [www.IowaMileageClub.org](http://www.IowaMileageClub.org)

---

*For more information on Feelin’ Good Mileage Club Materials, visit their website at* [www.fitnessfinders.net](http://www.fitnessfinders.net)

Permission is granted by Fitness Finders, Inc. to use the Feelin’ Good Mileage Club registered trademark, January 2010