

MAKE-UP RUN TEMPLATE

Every quarter, there is usually ONE make up run day during class (towards the end of the quarter) and there will be several make up run days after school throughout the quarter (your teacher will announce these dates). If you absolutely can't make up a run during these times, you are responsible for making up the missed run on your own time. The distance or time of your make up will run will depend on which run you missed in class. Use the following table to figure out what you need to do to make it up. **YOU MUST FIND SOMEONE WHO CAN TIME YOU. YOU MAY NOT TIME YOURSELF.**

Name of Run	Make up description
Mile Run	You need to run a Mile. I recommend you run 4 laps around the CMS/Homestead/Fremont track or, if you can not use the track, then you will need to use some type of GPS device to track your run. You need to write down your Rubric Grade.
2 Mile Run	You need to run 2 Miles. I recommend you run 8 laps around the CMS/Homestead/Fremont or, if you can not use the track, then you will need to use some type of GPS device to track your run.
Partner Pacer	You need to run a mile. See above.
Variety Run	You need to run a 1.5 miles, which is 6 laps around a track.
Partner Mile	You need to run a mile.
Pedometer Run	You need to borrow/purchase a pedometer and run for 20 minutes. You need to record how many steps you took in 20 minutes.
Figure 8 Run	You need to run a 1.5 miles, which is 6 laps around a track.
Any other run	You need to check with Mr. Sickler to get the distance or time requirements.

* You can not receive extra credit for improving your time/steps on run during a make-up.

QUESTIONS:

1. What date did you miss the run?
2. Why did you miss the run? Did you have a note?
3. What was the name of the run you missed?
4. What is the distance/time that you did to make up the run?
5. Where did you make up the run?
6. What was your time/steps?
7. What is your rubric grade?
8. Who timed you doing the run?

*In order to get credit for the make up run, it is **REQUIRED** that you have a parent/guardian sign this to verify that all the information you provided is correct.

Parent/Guardian Signature

Date