

## 2021 Martyr Marathon Preview (K-8th)

\*We will be walking with our classrooms and sticking to a schedule throughout the walk.

\*Beginning with 8th grade at 9:30 am the classrooms will be released individually. Once called down please head to the gym to have your class picture taken. Once they get the "OK" they will head out the east entrance/exit and start the route at the 1st station. To make sure that everyone stays together, the volunteers will direct you when it is time to move on to the 2nd station and so on. Once you are done, you can go to the east parking lot for a dance party with our very own DJ and dance while enjoying some popcorn!

\*Now for the route stations....

\*CountryHouse Residence assisted living is bringing a van of their residents to cheer on our students for a short time. If their van is parked on your way up to the first station be sure to stop and wave to them!

\*Hula Hoops: Hula with your class and see who can keep the hoops going the longest! Drop them on the ground in a pile when it's time to leave so we can disinfect for the next class.

\*Beach Ball Baskets: Divide class into two groups, grab a teammate, a beach ball and get ready to move! Move back to back with your teammate while holding the beach ball between you. Once you get to the laundry basket, drop it like it's hot right on in! It is harder than it sounds, see who can complete the task without dropping their beach ball. Volunteers will disinfect the balls between classes.

\*Silly Walk: Do your best to Crab or Bear walk through all of the gates, in order. If you have another silly walk to try, go for it! Volunteers will have cone gates that are each numbered for you to walk through.

\*Water Station: The first couple of stations may have you feeling a little warm, so cool off at the water station! Don't get too relaxed, you have lots of stations left! Volunteers will help keep everyone moving. If you aren't exactly warm, and don't want to get wet..no worries..socialize with your classmates until you are given the "OK" to move to the next station.

\*Limbo: Classes can go through the limbo as many times as they can, with the volunteers dropping the bar lower and lower each time under. Make sure you bend backwards..and don't fall or you are out!

\*Sidewalk Obstacle Course: Follow the instructions that are drawn on the pavement! Be ready to jump, hop, spin, and run to make it through this course! Volunteers will help guide you if you aren't sure what to do. If they are really nice, they might demonstrate it for you!

\*Obstacle Course: Get ready to make your way through a surprise obstacle course created by your very own gym teacher, Mrs. Verraneault! Don't let any of her challenges slow you down! Just like in the sidewalk obstacle, volunteers will help guide you through this station.

\*Flip it Fitness: What goes up, must come down...but how they land is anybody's guess! Volunteers will throw large exercise dice in the air, the way they land becomes your challenge! What will your challenge be?!

\*Fire Truck: Everyone loves a hero and what better heroes are Firemen?! Enjoy a nice stop where you can talk to, take a picture with or even go through our neighborhood fire department's fire truck! Be sure to maybe even "thank" these heroes while you're there!

\*Laser Maze: Back by popular demand....see if you can get through the laser maze without getting caught!

\*Bubbles: Who doesn't love bubbles? Especially when you get run through them! Finish up your walk walking or running through bubbles galore! Maybe pop a couple on your way out.

\*Popcorn and Dance Party: Grab some popcorn, chat a little and get ready to boogie on down with our own personal DJ!! Show us your best moves and have FUN!! After all, you did just complete the 2021 MARTYR MARATHON!!!!

Hope you enjoy 2021 Martyr Marathon!  
The Martyr Marathon Committee