Dear Parent(s)/Guardian(s),

If you are reading this letter then your child has taken an interest in running in a mile race. This race is no cost to you because Dan Price of State Farm Insurance is sponsoring it. Both Dan and I look forward to your son or daughter participating in it and would encourage them to physically prepare for the race. If your son or daughter is highly motivated to train for the race then I would encourage you to run/walk with them. Many children currently have plenty of energy to run a mile. They just don't have an understanding of what it means to pace for that distance. I discourage an extreme amount of training. Children at this age are growing and I don't want this to have a negative affect on their personal health and well being. The following is an appropriate workout schedule that is not overwhelming for a child currently in the 4th or 5th grade. This is a loose plan and missing a few days is not critical. Thank you for your time and I look forward to meeting you. If you have any questions please feel free to contact me by e-mail at Jeffrey.rawlins@besd.net

Jeff Rawlins

BEHS Math Teacher, Cross Country and Assistant Track and Field Coach

P.S. More Information can be found at www.beehivemile.com

Preparation for Mile Run

Tips for Preparation

- Have a good pair of shoes.
- Stay hydrated.
- Before you run hard you should always warm-up and stretch the muscles.
- When you are done running you should always stretch your muscles.
- Walk/Jog means rotate between the two. Jog at an easy pace.
- Jog means a majority of the time should be spent jogging with little walking.
- Running means giving your best effort. There should be little walking.
- The days with no walk/jog/run on them could be taken as rest days or days to do other types of physical exercise.

Sept 16th	5-10 min, walk/jog
Sept 19th	Half mile jog
Sept 21st	1 mile Run
Sept 23rd	5-10 min, walk/jog
Sept 28th	1 Mile Jog
Sept 30th	Registration Deadline
Oct 3rd	1 mile jog
Oct 5th	1 Mile Run
Oct 7th	5-10 min, Walk/jog
Oct 9th	1 Mile Jog
Oct 13th	Half Mile Walk/Jog
Oct 14th	No Extra Necessary
Oct 15th	**Race Day at New Location - The Corner of 10th South and 2nd East. Behind the Brigham City USU Main Campus building.**

Dan Price/State Farm Insurance Presents:

The Eighteenth Annual BeeHive Mile

Is the BeeHive Mile in the Fall? Yes, the BeeHive Mile has moved to the fall. This is to accommodate the busy personal spring schedules and preparing for end of year tests.

Date: October 15, 2026
Price: ***Free*** (Includes t-shirt if signed up before Sept 25th)
Ages: 4th and 5th Graders Only
Time: 5:00 pm (Time of first race, will be multiple races.)
Registration Begins at 4:00 pm
Place: New Location - The Corner of 10th South and 2nd East. Behind the Brigham City USU Main Campus building.
Registration Deadline: October 8, 2026 (Doesn't Guarantee a ***Free*** t-shirt)

*Please arrive and check in 30 minutes prior to the start time.
This will allow us to keep the races constantly going.*

Return to your Teacher or Mail/Bring Registration Form to:
Dan Price State Farm Insurance
23 E. 700 S.
Brigham City, UT 84302

----------Please Keep Top Half----------

The Eighteenth Annual Beehive Mile

Students Name _____ Phone Number _____

School _____ Grade: 4th 5th Gender: Boy Girl

Please circle t-shirt size:

Youth Small Youth Medium Adult Small Adult Medium Adult Large

In consideration of the acceptance of my application for entry in the Beehive Mile, I hereby release State Farm Insurance, Dan Price, Utah State University, Box Elder High School Track or Cross Country Teams, Advisors, Coaches, Box Elder School District, Brigham City and volunteers from responsibility or liability for any injury or damages I or my minor child may suffer as a result of participation in this mile race during or after. I am fully aware that participating in a mile race along city streets is a dangerous activity and I voluntarily participate in the said activity with the knowledge of the danger involved and hereby agree to accept any and all risk of injury. I certify that my child is in good physical condition and is able to safely participate in and complete this event.
****Also while we will encourage social distancing, masks and the event is outside, there is still a Covid19 risk. By signing below you understand the risk and allow your child to participate in the event.**

Student Signature _____ Date _____

Parent Signature _____ Date _____

Evening Phone # _____ Date _____

Are you willing to volunteer? YES NO Name _____