

**What:**

- A before and during school running club to increase physical fitness, brain activity, energy, and confidence. Students set a mileage goal and work towards it all school year.

Who:

- All K-5 students are welcome.
- Parents are welcome and encouraged to run with their student(s) before school and at the off-campus events. Parents can register for the incentive kit too.

When:

- Wednesday and Friday mornings before school from 8:30 am to 8:50 am. Please don't drop off before 8:25 am. We begin on Wednesday, August 30th and end on Friday, May 4th.
- During school as classroom/P.E. teachers see fit.
- 1st and 3rd Mondays at lunch recess, providing we find the volunteers to staff it.
- On the 2nd Saturday of each month we'll host an off-campus event. Times and locations will be posted on the PTA web site and announced in Monday Messenger.

Where:

- Parmalee playground. Meet on the blacktop. Students are only allowed on the playground before school if participating in the program. No one is allowed on playground equipment.

Fee

- \$10 per child/parent to register for the incentive kit. It includes the following when milestones are achieved:
 - 25 miles – a 100 mile club T-shirt
 - 50 miles – a Golden Pencil
 - 75 miles – a Wristband
 - 100 miles+ – a Gold Medal (awarded at the end of the year)
 - Final certificate, no matter how many miles completed.
- All students who run will have their laps tracked. However, if they are not registered they will not receive any of the above listed milestone incentives. We encourage registering your student(s), especially if they are a regular participant of the program. Registration can be done at no cost if there is a financial need.

Additional Information

- <http://www.parmaleepta.org/100mileclub/> - This document will be available for download.
- <http://100mileclub.com/>

Contacts

- Teacher coaches: Ms. Holden and Ms. Davis
- Parent coaches: Susan Anderson (suru76@hotmail.com) and Dina Arnott (dearnott@yahoo.com)