

**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)

Parmalee 100 Mile Club FAQs

Q: What should I do if the weather seems bad?

A: We will update the Parmalee 100 Mile Club web site by 7:45 am if there is any change to the morning session due to weather. If we are unable to run outside on a Wednesday before school, 100 Mile Club will be cancelled. On a Friday before school, we will meet in the gym to do a variety of activities. Students will be awarded 1 mile for participating. We will make every effort to stay outside. So please dress appropriately for the weather. If school is closed, 100 Mile Club is cancelled.

Q: I lost my stick, may I get a replacement?

A: No. Sticks cannot be replaced. We understand it's upsetting to lose a stick. However, it is the responsibility of each individual to keep track of her/his own sticks so they make it to the classroom storage spot. The same goes for the mile slips handed out at the 2nd Saturday events. We ask participants to always turn in found sticks. So there's a good chance someone might find yours.

Q: I left my previous green/yellow/purple stick in my backpack/classroom/home so I don't have it for this session, should I go get it?

A: Every morning or recess we will have enough sticks so you can begin fresh with a green stick. Don't worry. If your stick is in the classroom storage spot, then your laps will be counted. You're not "starting over" when you begin with green each morning. When the laps are tracked on the classroom chart the various colored sticks will be added up.

Q: I'm a participating family member so don't have a classroom. How do I store my sticks and keep track of miles?

A: For anyone tracking miles but isn't enrolled in school, there is a sheet left out on the bench where you can mark down your miles after the morning sessions. If you're name isn't there, feel free to add it. If you've registered for the incentive kit and your name isn't there please let us know.

Q: How can I help?

A: We'd really like help on Mondays at lunch. The shift is from 10:50 am - 12:45 pm in order to cover all recesses. The signup genius link is here (<http://www.signupgenius.com/go/20f0944afa929a0f94-100mile>) and on the website. Or, you can shoot Dina or Susan an email.

Q: What does the \$10 I paid go towards?

A: All \$10 of the registration fee goes towards purchasing the incentive kit from the 100 Mile Club national program. The incentives include the Challenge Accepted card, t-shirt at 25 miles, gold pencil at 50 miles, bracelet at 75 miles, gold medal at 100 miles and an end of year certificate of miles completed.

Q: When will I receive my milestone reward?

A: We hand out rewards at the Friday morning sessions. If registered participants aren't there they'll receive the reward in their classroom.

Q: I attend ACC in the morning. May I run in the mornings?

A: Yes! We have it worked out so students attending ACC may be released to run if the required paper work has been filled out. Please talk to Mrs. Smith at ACC.

Participation Waiver

My child(ren) has/have permission to participate in the Parmalee 100 Mile Club® morning run sessions from August 2017- May, 2018.

The undersigned parent or guardian assumes all risks in connection with the students' participation in the Parmalee 100 Mile Club®. I hereby release and discharge the Colorado State PTA, all PTA officers, employees, members and volunteers from all liability, claims or demands for any damage, loss or injury to the students, the students' property, or parent's property in connection with participation in this activity.

I do hereby certify that to the best of my knowledge and belief said minor(s) is/are in good health. In case of illness or accident, permission is granted for emergency treatment to be administered. It is further understood and agreed that the undersigned will assume full responsibility for any such action, including payment of costs.

Participant Name1: _____ Teacher: _____

Participant Name2: _____ Teacher: _____

Participant Name3: _____ Teacher: _____

Parent/Guardian name: _____ Email: _____

Parent/Guardian signature: _____ Date: _____

Incentive Package Registration

T-Shirt Size Name1:

Child Sm Med Lg

Adult Sm Med Lg

XL 2XL 3XL

T-Shirt Size Name2:

Child Sm Med Lg

Adult Sm Med Lg

XL 2XL 3XL

T-Shirt Size Name3:

Child Sm Med Lg

Adult Sm Med Lg

XL 2XL 3XL

- A one year registration of \$10.00 is enclosed for me/each of my students.*
- I have a financial hardship and request **student** registration fees be waived.
- I am interested in becoming a parent coach and/or donating some time to help with the program and/or handing out slips at the weekend off-campus events. I can be contacted at the email above.

Total amount enclosed: \$ _____ Cash Check # _____

*(Please make checks payable to **Parmalee Elementary PTA**)*

***Registering for the incentive package is optional. However, if not purchased your student will not receive the milestone incentives. Parents are welcome to register for the incentive package too!**