



Parmalee 100 Mile Club®

Now in its 4th year at Parmalee, 100 Mile Club is a before and during school running club. By participating, your student will increase physical fitness, brain activity, energy, and confidence. Students are encouraged to set a mileage goal and work towards it all school year.

Who

- All K-5 students are welcome. (*Kindergarteners use “mini” miles. Each physical mile is counted as 2 miles due to less access and their smaller strides.*)
- 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 28th and end on Friday, May 1st.
- During school as teachers see fit.
- 1st and 3rd Mondays at lunch recess (*only if there are volunteers to staff it*).
- On the 2nd Saturday of each month at an off-campus location. Times and locations will be posted on the 100 Mile Club web page and announced in Monday Messenger.
- On the first Tuesday of each month after school at Arrowhead Park.

Where

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

Cost

- \$10 per child/parent to register for the incentive kit. Kit includes the following when milestones are achieved:
 - 25 miles – a 100 Mile Club T-shirt
 - 50 miles – a Pencil
 - 75 miles – a Wristband
 - 100 miles+ – a Gold Medal (*awarded at the end of the year*)
 - Final certificate, provided to anyone that completes 1+ miles.
- Students may participate without registering for the incentive kit. Any student that runs as part of the program will have their laps tracked. We encourage registering your student, especially if they are a regular participant of the program. Registration for the incentive kit can be done at no cost if there is a financial need.

Waivers

- All students that run before school **must** return the attached waiver signed by their parent/guardian.
- All volunteers and parent runners must sign a separate volunteer waiver.

Additional Information

- <http://www.parmaleepta.org/100mileclub>
This document will be posted there.

Coaches

- Teachers: Ms. Davis, Ms. Holden and Mrs. Ratke
- Parents: Lindsey Stevenson (lindseystevenson0@gmail.com), Mandy Deuel (amandadeuel@gmail.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 send an email to the 100 Mile Club distro by 7:30am notifying if the morning session has been cancelled. We will make every effort to stay outside even when raining or very cold. 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 your 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. Help in the morning is also appreciated. The signup genius link is here (<http://www.signupgenius.com/go/20f0944afa929a0f94-100mile>) and on the website. Or, you can shoot any of the coaches an email letting them know of your interest in helping.

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, 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 milestone 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 staff at ACC.



Parmalee 100 Mile Club Incentive Package Registration

Date: _____

Shirt Size*

Name1: _____ Youth _____ Adult _____ Teacher: _____

Name2: _____ Youth _____ Adult _____ Teacher: _____

Name3: _____ Youth _____ Adult _____ Teacher: _____

* Shirts available in sizes **Youth:** S, M, L **Adult:** S, M, L, XL, 2XL, 3XL

- A payment of \$10.00 was made via Jeffco Connect for each of my students.
- A payment of \$10.00 is attached for me/each of my students.
- I have a financial hardship and request the student incentive kit registration fee be waived.
- I am interested in volunteering with the program. I can be contacted at the email below.

Total amount enclosed: \$ _____ Cash Check # _____

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

Parent/Guardian name: _____ Email: _____

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! Any remaining funds will go towards maintaining the 100 Mile Club program.

Waiver on reverse side must be signed in order to participate in the morning sessions.

Include an email address to be on the cancelation distribution.



Student Assumption of Risk and Waiver

Student Name _____ Activity Parmalee 100 Mile Club

Parent/Guardian _____ Email _____
(Email will be used to notify of morning run cancellations.)

On behalf of my child, I (parent/guardian) hereby acknowledge and agree that activities such as those listed above have inherent risks such as minor physical/emotional injuries like cuts, bruises, sprains; to serious physical injuries like breaks, dislocations, serious wounds, cardiovascular issues, traumatic brain injury and possibly even a risk of death. I have sufficient knowledge of the nature and extent of the risks associated with these activities and the use of facilities and equipment associated with these activities. If I had any questions or concerns regarding possible risks, I have addressed them with the activity/program or sponsor.

I further acknowledge that the risks communicated by the activity/program sponsor may not be inclusive of all the possible risks associated with the Parmalee 100 Mile Club (activity/school program) and that the activity/program facilitator(s) may not have anticipated all of the risks associated with the above activities.

I accept the fact that the program facilitator(s) cannot guarantee my child's total safety since some risks in such activities are beyond their control. I fully comprehend and willingly assume the responsibilities and risks of participating in this program, as outlined in information communicated to me by the facilitator(s).

I understand that if I experience an injury/illness, including a concussion, then it is my responsibility to inform the activity/program sponsor immediately. I hereby give my consent to have my child seen by emergency medical personnel, a physician, or a nurse and treated if necessary in case of sudden illness or injury while participating in the above activity. It is understood that Jeffco Public Schools provides no medical insurance for such treatment and that the cost thereof will be at my expense.

_____(initials child) _____(initials guardian) I and my child agree to follow all instructions and guidelines given by the facilitators, and to act in a safe and responsible manner toward all participants.

I (parent/guardian), _____, hereby waive, release, and discharge the Jeffco Public Schools and their/its successors, heirs, assigns, directors, officers, employees, supervisors, agents, attorneys and representatives, from any and all actions, causes of action, claims, demands, losses, damages, costs, attorneys' fees, judgments, liens or liabilities whatsoever, regarding the aforementioned activity in which I and my child have elected to voluntarily participate.

Dated this _____ day of _____, 20____

Parent's Signature



Volunteer Assumption of Risk and Waiver

Volunteer Name _____ Activity Parmalee 100 Mile Club

I hereby acknowledge and agree that activities such as those listed above have inherent risks such as minor physical/emotional injuries like cuts, bruises, sprains; to serious physical injuries like breaks, dislocations, serious wounds, cardiovascular issues, traumatic brain injury and possibly even a risk of death. I have sufficient knowledge of the nature and extent of the risks associated with these activities and the use of facilities and equipment associated with these activities. If I had any questions or concerns regarding possible risks, I have addressed them with the activity/program or sponsor.

I further acknowledge that the risks communicated by the activity/program sponsor may not be inclusive of all the possible risks associated with the 100 Mile Club (activity/school program) and that the activity/program facilitator(s) may not have anticipated all of the risks associated with the above activities. I accept the fact that the program facilitator(s) cannot guarantee my total safety since some risks in such activities are beyond their control. I agree to follow all instructions and guidelines given by the facilitators, and to act in a safe and responsible manner toward all participants. I fully comprehend and willingly assume the responsibilities and risks of participating in this program, as outlined in information communicated to me by the facilitator(s).

I understand that if I experience an injury/illness, including a concussion, then it is my responsibility to inform the activity/program sponsor immediately. I hereby give my consent to be seen by emergency medical personnel, a physician, or a nurse and treated if necessary in case of sudden illness or injury while participating in the above activity. It is understood that Jeffco Public Schools provides no medical insurance for such treatment and that the cost thereof will be at my expense.

I, _____ hereby waive, release, and discharge Jeffco Public Schools and their/its successors, heirs, assigns, directors, officers, employees, supervisors, agents, attorneys and representatives, from any and all actions, causes of action, claims, demands, losses, damages, costs, attorneys' fees, judgments, liens, or liabilities whatsoever, regarding the aforementioned activity in which I have elected to voluntarily participate. Further, the undersigned acknowledges, understands, and agrees that s/he will not be considered an employee of Jeffco Public Schools. In the event of injury the undersigned acknowledges, understands, and agrees that s/he will NOT be entitled to any workers' compensation benefits pursuant to the Workers' Compensation Act of Colorado or considered an employee for purposes of other labor or employment laws except the Colorado Governmental Immunity Act.

Dated this _____ day of _____, 20____

Volunteer's Signature