

December 17, 2018

Dear 100 Mile Club® Participants and Parents,

We are excited to share that Parmalee 100 Mile Club participants have run over 7,800 miles so far this school year. We hope you continue running/walking over winter break. Although miles run at home do not count towards the program totals, we'd like to add some encouragement to keep moving. We'll be having a drawing for a couple 100 Mile Club beanies at the Friday morning meet-up on January 11th. We hope you choose to participate!

Below are some club rules to keep in mind as you come back from winter break.

- Sticks are not replaced. When wearing mittens/gloves we suggest running with sticks inside mittens or in a zippered pocket.
- If you find a stick on the ground please return it to an adult. We try to match found sticks with those that lose them.
- Once the bell rings no one leaves the blacktop for another lap.
- Always make sure to go around the orange cones.
- Always start your laps at the blacktop. **Backpacks should first be dropped off** at the backside of the baseball diamond.

We run together and have fun together!

<http://parmaleepta.org/100mileclub/>



Cut along snowflakes and return to the morning meet-up on Friday, January 11th.

Please do not bring to class or the office.

I, _____, certify that I have run at least

(Print your name)

3 miles between December 22, 2018 and January 8, 2019.

X _____ (student signature)

X _____ (parent signature)