

**What:**

- A before and during school running club to increase physical fitness, brain activity, energy, and confidence. Students' goal is to run/walk 100 miles at school by the end of the school year.

Who:

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

When:

- Program days and times (see PTA website for updates):
 - Wednesday and Friday mornings before school from 8:30 am to 8:50 am
 - During school as classroom teachers see fit.
 - 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.
 - The day of the week for runs during recess are to be determined.

Where:

- Parmalee playground. Meet on the blacktop at 8:30 for before school sessions.

Fee

- \$10 per child/parent to register
- All registrants receive milestone incentives as follows:
 - 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/100-mile-club/>
- <http://100mileclub.com/>

Contacts

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

Industriousness Friendship Loyalty Cooperation Enthusiasm Initiative



Self-Control Alertness Intention Condition Skill Team-Spirit Poise Confidence

Registration Form

(Please Print)

Name1: _____

Date enrolled: ____/____/____

Name2: _____

Name3: _____

(Parents may register as well)

Email Address: _____

Phone # _____

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

Parent Signature: X _____

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.
(Or, you may contact your student's teacher to request the fees be waived.)

I am interested in becoming an assistant coach and/or donating time during the day and/or at the weekend off-campus events and can be reached at:

() _____ or email: _____

Total amount enclosed: \$ _____ Cash Check # _____

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

***Students that do not register can still participate. They will not receive the milestone incentives. There is no registration deadline.**