100 Mile Club

8 Months, 12.5 miles per month, 3.1 miles per week

We are offering three different ways for students to participate in the 100 Mile Club.

1. **School Tracker** = Teachers will be tracking collective class miles each week. The distance will be calculated based on Phys. Ed class time, Dance class time, and recess. FREE! Incentive includes healthy lifestyle!

2. **Individual Tracker** = Students will keep track of their mileage independently. A tracking sheet will be provided and club incentives are an option with a $10 fee.

3. **After School Club Tracker** = Students will take advantage of recording mileage from Phys. Ed class, Dance class, recess, and they can sign up to stay after school on Tuesday afternoons* for additional run/walk training. Nutrition will be discussed. Students should have a healthy snack and water bottle with them to have during weekly sessions. A tracking sheet will be provided and club incentives are provided with a $10 fee.

With a $10 fee, the students will receive the following incentives:

- Official 100 Mile Club® CHALLENGE ACCEPTED ID card

- A unique 100 Mile Club® T-shirt earned at 25 miles

- Golden Pencil earned at 50 miles

- Wristband earned at 75 miles

- Final Year-End Certificate for all participants celebrating their success

- Custom 100 Mile Club® Gold Medal with neckband, ONLY for those who reach their 100 mile goal (ordered in Spring for year-end Medal Ceremony)

Distances for reference:

- ✓ 35 laps around the Gym = 1 mile
- ✓ Walk to each Special area class (whole week) = ½ mile
- ✓ Hallway walk up one floor (upstairs, down stairs) = .01 mile
    - ❖ **PE class** = 1 mile every class (1/2 mile warm up, 30 min. of phys. activity)
    - ❖ **Dance class** = ½ mile every class (30 min. of physical activity)
- ✓ **15 min Recess** = ¼ mile. Outside Recess: earn additional mileage by doing a line-up lap before coming back into the building.
- ✓ 4 laps around a track = 1 mile

*After school club meets every Tuesday, except the first Tuesday of each month, until 4 p.m.