

100 Mile Club

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

We are offering 2 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:

- 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) = $\frac{1}{2}$ 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 = $\frac{1}{2}$ mile every class (30 min. of physical activity)
 - ❖ 15 min Recess = $\frac{1}{4}$ mile. Outside Recess: earn additional mileage by doing a line-up lap before coming back into the building. Classroom Recess: playground or front lawn
- ✓ 4 laps around a track = 1 mile