

Industriousness Friendship Loyalty Cooperation Enthusiasm Initiative



100 MILE CLUB®

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

ACCEPT THE CHALLENGE.

www.100mileclub.com

Dear Parent(s)/Guardian(s),

Welcome to another fantastic year at Akron School District! As we begin the new school year, we would like to introduce you to The 100 Mile Club®.

The 100 Mile Club® was started 20 years ago by Kara Lubin, a teacher in the Corona-Norco Unified School District. 100 Mile Club® is now a non-profit organization whose sole mission is to provide to *all* individuals the opportunity to experience fitness and TRUE personal success by Accepting the Challenge of running (or walking) 100 miles at school during a single school year. Students use and experience life skills based on The Pyramid of Success, designed by the legendary basketball coach, teacher, family friend, and 100 Mile Club® supporter, Coach John Wooden.

We have accepted the Challenge, and we are so excited! Starting October 9th, participants stretch out and run a little bit. The miles and love for running begin to build almost instantly! When your child reaches 25 miles, he/she will be presented with a fantastic t-shirt that is designed to show off your child's accomplishments throughout the year.

Through the journey toward 100 miles, your child will practice personal goal setting, team spirit, perseverance, poise, confidence, and honest self-evaluation. As your child reaches other "mile"stones, we all celebrate together. When your child reaches 100 miles, he or she will be awarded with a beautiful gold medal at our Year-End Medal Ceremony where every participant will receive a special certificate celebrating their total miles run.

Please see the attached literature, visit www.100mileclub.com, or contact your child's teacher for more information about the program. We look forward to celebrating your child's accomplishments both on the track and in the classroom.

Sincerely,

Ms. Lindsay Gilbert

l.gilbert@akronrams.org

Practice information can be found on the back of this letter!

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Practices will be held on Mondays and Wednesdays from 4:00 – 4:40 and on Tuesdays from 7:00am – 7:40am students will be able to get into the fieldhouse on Tuesday mornings through the Field House doors located on the South end of the Field House. Students are not required to be at every practice nor do they have to show up right at the start times. October 9th after school we will kick off our 100 Mile Club's first day!

During different times of the year we will run in different places when the weather is nice we will try to run on the track, if we are unable to be at the track we will be in the Fieldhouse. A method to communicate where we are meeting each day will be communicated to you!

If school is cancelled for any reason we will not have 100 Mile Club, we also will not be meeting on scheduled days off of school. If the coach is sick we will communicate practice is cancelled due to illness as soon as possible!!!

During the spring we will add extra days if needed to make up cancelled dates. We want to give our students plenty of opportunities to reach their 100 mile goal or beyond.

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Are you ready to Accept the Challenge™? We are!

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Registration Form (Please Print)

Name: _____ Date enrolled: _____

Email Address: _____ Phone # _____

School/School Address: _____

T-Shirt Size:
Child Sm Med Lg
Adult Sm Med Lg
 XL 2XL 3XL

Parent Name: _____ (We encourage everyone to enroll)

Parent Signature: _____ (Student **MUST** have parent's signature)

_____ A one year registration of \$13.00 is enclosed for me/my student.

_____ I am interested in sponsoring _____ member/s for an additional \$13.00
each.

_____ I am interested in becoming an assistant coach and/or donating time during the day and/or
at walks within our community and can be reached at
() _____ or email: _____

_____ Total amount enclosed. Cash Check # _____
(Please make checks payable to Akron Schools)

I allow photos to be taken and shared on the Akron School's 100 Mile Club Facebook page of
my child? Yes or No _____ (parent/guardian
signature)

In case of inclement weather or illness and the program leader needs to cancel a practice what is
the best way for you to be reached?

Cell Phone # _____ Do you receive text messages? Y/N

Email Address _____

If a 100 Mile Club Facebook Page is created do you have access to facebook? Y/N

