9/17/2018

Dear Parent(s)/Guardian(s),

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

The 100 Mile Club® was started 24 years ago by Kara Lubin, a public school teacher in the Corona-Norco Unified School District in Southern California. 100 Mile Club® is now a non-profit organization whose sole mission is to provide to all individuals the opportunity to experience fitness and personal success by Accepting the Challenge of running (or walking) 100 miles at school during a single school year.

This year at Barron, the 100 Mile Club will be open to 3rd-5th graders. Braden Verge, Physical Education Teacher will be the Barron 100 Mile Club coach. 100 Mile Club sessions will take place Tuesdays and Thursdays after school from 3:00-4pm. Children who are interested in being a part of The 100 Mile Club should sign up with Coach Verge. Each child who signs up for the 100 Mile Club will receive a “Challenge Accepted” ID card, signifying that they are taking part in the 100 Mile Club® challenge. There is no cost to participate.

We have Accepted the Challenge, and we are so excited! Starting participants will go to the gym, stretch out, and earn some miles! The miles and love for running begin to build instantly! 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 special MILEstones, we all celebrate together. Our end goal is to participate as a group in the Barron School Turkey Trot on November 17th.

If you have additional questions about the 100 Mile Club, please contact Mr. Verge at braden.verge@sau57.org If your child is interested in signing up for the 100 Mile Club, please return the slip at the bottom of this page to school by Friday 9/21/2018.

Thanks so much,

Yes, my child would like to join the 100 Mile Club at Barron School.

Child’s name (first and last) ____________________________ Grade: __________

Parent Signature: ____________________________ Date: ________________

Email Address: ____________________________________________

100 Mile Club® MISSION STATEMENT:

The 100 Mile Club® provides the opportunity to run or walk 100 miles at school during a single school year which improves school readiness to learn, creates better education outcomes, building self-esteem and the overall health in the lives of children and others.

To learn more, please visit www.100mileclub.com. YAY!