



12/2015

Dear Parent(s)/Guardian(s),

As we begin the new year, I would like to introduce you to The 100 Mile Club®. While looking for new challenges to meet the National Association for Sport Physical Education (NASPE) standards, I came across this exciting way to get kids moving outside of the gym. I'm hoping to get whole families moving. 100 miles in ½ a school year will be a challenge but shoot for 50 and if you get 100, hats off to you!

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 during a single school year.

This year at SES the 100 Mile Club will be open to all children. Linda Gangemi, SES's physical education teacher will be the 100 Mile Club coach. Each child interested in being part of the 100 Mile Club should sign ups with Mrs. Gangemi. 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 12/7/2015 participants will run on their own and log the miles on the log sheet on back. The sheet will need to be signed by a parent and returned to Mrs. Gangemi. 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. When your child reaches 100 miles, he or she will be celebrated with a certificate. Map out a mile in your neighborhood and let the miles begin!

If you have additional questions about the 100 Mile Club, please contact Mrs. Gangemi at linda.gangemi@tritonschools.org or go her website on the SES website. 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 12/07/2015.

Thanks so much,

Linda Gangemi

If there is interest, we will begin a before school running club from 7:30-8:10. Watch for details!

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!



Yes, my child would like to join the 100 Mile Club! We will keep the mile count at home and send it in when complete.

Child's name (first and last) _____ Grade: _____

Parent Signature: _____ Date: _____

Yes____, I would be interested in a before school running club. I realize I would be responsible for the transportation to school on those mornings.

Please return to Mrs. Gangemi

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!