



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

The 100 Mile Club was started over 25 years ago by Kara Lubin, a California 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/walking 100 miles at school during a single school year.

We have Accepted the Challenge, and we are so excited! Starting **September 21st, from 2:25 PM - 3:30 PM** participants will go outside, stretch out, and run/walk a little bit. The miles and love for running/walking 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 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 “milestones”, 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 100 Mile Club Coach for more information about the program. We look forward to celebrating your child's accomplishments both on the track and in the classroom.

For Your Information:

- Every Tuesday and Thursday except during vacations.

***** MORE INFORMATION ON BACK *****

- Students will meet in the cafeteria at 2:25 PM.
- Students will need appropriate shoes and clothing. (Sneakers, jackets, hat, mittens)
- A healthy snack will be provided.
- Students will stretch and then head out on the course.
- If raining/cold then an indoor option will be available for that day. Winter months we will do various activities, both inside and outside.
- Ends at 3:30 PM.

The course is off the school property and students will be monitored by staff and volunteers. If you are interested in joining our 100 Mile Club you are invited to walk/run/jog along with us.

Any questions please let me know. I can be reached by email at lisa.pierpont@msad59.org or at 696-3381 ext. 4263.

Sincerely,

Lisa Pierpont
100 Mile Club Coach



ARE YOU READY? WE ARE! ACCEPT THE CHALLENGE!
Registration Form

Student Name: _____ Date Enrolled: _____

Email Address: _____ Phone Number: _____

School/School Address: _____

T-Shirt Size

Child: ☐ S ☐ M ☐ L

Adult: ☐ S ☐ M ☐ L

☐ XL ☐ 2XL ☐ 3XL

**I acknowledge that my child will be off school property
for the 100 Mile Club.**

Parent Name: _____
(We encourage everyone to enroll)

Parent Signature: _____
(Students must have parent's signature)