



Hello Parents! This year we are starting a new club at Salmon Creek called the 100 mile club! Over the course of the school year, September–June, students will have the opportunity to run/walk 100 miles! Our kick off will be

Monday, September 29<sup>th</sup>. Our focus for this first year is grades 3–5, however younger kids are welcome to participate. Students can run the newly painted “track” on Monday and Wednesday mornings from 8–8:20, AND every day at recess if they choose.

All students need to do is get “lap” cards at recess from the paraprofessionals and track how many laps they have run, at the end of recess, these lap cards go into the mailbox labeled “100 mile club” on the ball cart. As an added bonus, this year’s HUSKY RUN laps will count towards the students 100 miles!!

As you see, there is a \$10 fee on the registration. This fee goes towards incentives that are distributed at the following mile markers:

- \*25 miles–Custom T–shirt

- \*50 miles– Gold pencil

- \*75 miles–Wristband

- \*100 miles– Gold medal & end of the year certificate

We encourage parents to run/walk with their kids and be active and healthy together! If you’d like to volunteer please contact Tana at [100mileclub@salmoncreekpta.org](mailto:100mileclub@salmoncreekpta.org). For more information on this national program please check out [www.100mileclub.com](http://www.100mileclub.com). Happy Running!!!!