



100 Mile Club at Namaqua Elementary Volunteer sign-up 2019-2020

NAMAQUA'S 5TH YEAR OF RUNNING!!!!

What is 100 Mile Club?

The club is an opportunity for students to run/walk at school with the goal of achieving 100 miles during the school year. This is not a competitive club and is open to students of all athletic ability. Our membership in past years has included more than half of the Namaqua student body!

What is the commitment necessary to be a member?

There is no commitment! Your child can attend club runs whenever it fits into your family's schedule. Students will accumulate miles at different rates, but all students will be awarded each time they hit a major milestone. It's not a race, but rather a fun opportunity to focus on health and wellness

Volunteers Needed

100 Mile club is 100% volunteer driven! Therefore we are asking for volunteers to help scan student's badges.

WHO CAN SCAN? – Parents, grandparents

SCANNING REQUIREMENTS – You will be required to scan your volunteered day each week. Weather cancelations will be sent out the night before or morning of running.

SCANNING TIMES - The available running times are listed below. The final running schedule will be determined based on volunteer availability.

Mondays – before school 7:35 – 7:55 / Lunch (time TBD) / after school 3:10 – 3:30

Tuesdays – before school 7:35 – 7:55 / Lunch (time TBD) / after school 3:10 – 3:30

Wednesdays – before school 8:30 – 8:55 / after school 3:10 – 3:30

Thursdays – before school 7:35 – 7:55 / Lunch (time TBD) / after school 3:10 – 3:30

Fridays – before school 7:35 – 7:55 / Lunch (time TBD) / after school 3:10 – 3:30

How do I Volunteer?

Email available days & times **BY 8/18/19** to:

Marie Hawk – Coordinator – mariestruppler@hotmail.com

Our club's kick-off run will be the 2nd week of September.

Final information will be sent out regarding 100 mile club the first week of school.