



What is the 100 Mile Club?

The 100 Mile Club is just that... an opportunity for students to run/walk, during their school day, with the goal of achieving 100 miles during the school year.

What kind of a commitment is the 100 Mile Club?

There is no commitment... your child can attend club runs whenever it fits into your family's schedule! In order to meet the goal of running 100 miles during the school year, your child will need to run between 4 and 5 miles a week, September thru April. Some students may add miles more quickly than others, however all students will be awarded each time they reach a MILEstone and all students achieving their 100 mile goal will be celebrated at our year-end ceremony. This is not a race, but a very fun wellness opportunity at Namaqua.

When do kids in the 100 Mile Club run?

Monday – lunch time laps AND after school laps until 4:15pm

Tuesday – before school laps beginning at 8:20am

Wednesday – before school laps beginning at 8:20am

Thursday – before school laps beginning at 8:20am

Friday – lunch time laps

Weekends – designated “track your miles” weekends may allow families to log miles as a family and report them back to the club

Special events – local running and walking events like the Halloween Hustle and the Turkey Trot

How do we get started?

The cost will be \$12 per student and includes a t-shirt for all members who reach the 25 mile Milestone. Though you can join the club at any time throughout the year, the earlier the better... every mile counts! Please send this form back to school with your \$12 registration fee during the first week of school.

Let's RUN!!

FIRSTmile! - 100 Mile Club kick-off!

Monday, August 28th

after school – 4:15pm

Please feel free to join your kids during any run, but especially the FIRSTmile! If you are new to the club, we will have a brief orientation. A 100 Mile Club handbook will be sent home with your child during this first week and we will plan some of our favorite FUN RUNS soon thereafter.

Thank you in advance for supporting all of your child's wildest dreams!!! Please let us know if you have any questions about the 100 Mile Club.

Mrs. Mandeville Coach, 5th grade teacher and Namaqua Wellness Team representative

Michele.mandeville@thompsonschoools.org or (970) 613-6631

Wendy Miner

Coordinator - wendy.miner@gmail.com or (970) 481-9489



100 MILE CLUB

Registration Form

1. Student: _____ Teacher: _____

Shirt Size:	YOUTH	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large
	Adult	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large

2. Student: _____ Teacher: _____

Shirt Size:	YOUTH	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large
	Adult	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large

3. Student: _____ Teacher: _____

Shirt Size:	YOUTH	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large
	Adult	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large

Parent Name(s): _____

Email Address: _____

2nd Email Address (if desired): _____

Phone #: _____

Parent Signature: _____

_____ One year registration - \$12.00 per students

_____ I am interested in sponsoring _____ member/s for an additional \$12.00 each

_____ I am interested in volunteering with the club, check here and we'll be in touch! 😊

_____ I would like to donate a few extra bucks to help buy fun run supplies and incentives

_____ Total amount enclosed Cash Check Payable to Namaqua Elementary School