



100 Mile Club Handbook Namaqua Elementary School 2017-2018

What is the 100 Mile Club?

The official “100 Mile Club” is an established, proven and successful program based on the following philosophy: “We believe that every single individual has the ability to achieve true personal success and a new level of physical fitness by Accepting the Challenge of running (or walking) 100 Miles at school during a single school year. These feelings of true personal success and fitness are ones that will carry an individual to new levels of achievement in academics, athletics, and life.” Many of us at Namaqua Elementary share this same philosophy and are excited to offer the program at our school. 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. Your child does not need to run every day to reach his/her goal, but does need to continue to add miles each week throughout the year in order to meet his/her goals.

General club guidelines, incentive packages, etc. will be adapted from the official 100 Mile Club <http://100mileclub.com/>

Registration will be \$12 per student with these monies funding the Gold Medal Program. Additional donations will be requested to cover scholarship registrations and fund additional incentives and overhead costs.

Important Dates:

Friday, August 25th - registration “due” – registration will be accepted at any time throughout the year, but it is helpful to get the bulk of students registered before FIRSTmile!

Monday, August 28th – after school - FIRSTmile!

Thanksgiving Track Your Miles

Winter Break Track Your Miles

Spring Break Track Your Miles

April 30th – last week of 100 Mile Club

May 11th – 100 Mile Club Medal Ceremony

Running Opportunities:

Miles must be accrued during club functions. Each run will be staffed by at least one parent or staff volunteer.

Scheduled Club Runs:

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

Fun Runs: seasonally and randomly scheduled club fun runs

Weekends: designated “Track Your Miles” weeks allow families to log miles as a family and report them back to the club

Special events: local running and walking events like the CSU Homecoming Run, the Halloween Hustle and the Turkey Trot.

Parents, grandparents and siblings are always welcome and encouraged to come to 100 Mile Club runs. You can run, you can walk, you can cheer, you can volunteer... we just love to see family out on the field supporting their runners.

Note: morning runs begin at 8:20am. If volunteers arrive early, running may begin earlier. Please do not leave your children at school until a 100 Mile Club volunteer has arrived and is setup to run club that morning.

Prizes and Incentives:

Prizes will be awarded during announcements Tuesday of each week. Runners should wear 100 Mile Club shirts each Tuesday.

Prizes are awarded as follows:

25 miles – official 100 Mile Club T-shirt

50 miles – official 100 Mile Club Pencil

75 miles – official 100 Mile Club Bracelet

100 miles – official 100 Mile Club Medal

125 miles – surprise!?!?!

New for 2017-2018:

Monthly RunnerRoll!

Think honor roll... students who exceed 25 miles during any month will be honored and awarded for their outstanding efforts during that month!

Lap Counting:

Runners will each be given badges with bar codes on them. Badges will be kept in hanging organizers, by grade/class, on the backstop during each club run. Students should pick-up their badges and begin running upon arrival. A cordless handheld scanner will be used to track each lap ran during club runs. Each lap is ¼ mile.

Please return badges to appropriate grade/class section in organizers at the end of each run and take care of cards... do not fold, bend or chew on cards.

Communications:

ClassDojo - ClassDojo is the primary means of club communication with families. It will be used to advertise fun runs, send quick reminders and late breaking changes due to weather, etc. Please sign-up on ClassDojo so that you do not miss these updates. Because we are not using ClassDojo for its original intent and miles will not be tracked individually on ClassDojo, you only need to sign up one child per family. Your ClassDojo invite code will be sent home with your 100 Mile Club handbook during the first week of 100 Mile Club. Please check that push notifications are turned on for the ClassDojo app on your phone.

Announcements - special events and incentive awards will be announced during Namaqua morning announcements

School wide flyers and emails - larger events may be advertised via flyers and emails

Bulletin board - the 100 Mile Club bulletin board is located outside of the gym at Namaqua and will be updated weekly with current mileage and notice of upcoming events

Weather Cancellations:

In the event of inclement weather, or other unsafe conditions, a cancellation will be posted on ClassDojo by 7:30am for morning runs. Unfortunately we are not able to count miles that are ran when club has been canceled, so please check Dojo when in doubt.

If any of these conditions exist, please check ClassDojo for possible cancellation:

- Temperature below 20°

- Wind over 10 mph

- Large amount of snow accumulation on the ground snow

- Any current precipitation

We will post cancellations by 7:30am. Although this is sometimes too early to determine accurate run time field conditions, we feel it is necessary to help families plan accordingly. ClassDojo alerts seem to take some time to come through on many phones and through email, so please login to the ClassDojo app itself in the event of inclement weather. You may also wish to check that push notifications are turned on for the ClassDojo app on your phone, however they still may lag. Finally, if there are no volunteers out and the "100 Mile Club" sign is not up, there is no 100 Mile Club.

Volunteers:

Volunteers will be utilized for all things 100 Mile Club. Please let us know if you are interested in scanning badges, running with the kids, hosting a fun run, etc. We would love to have you out on the field with us!

Volunteers are in place to keep kids safe, on task, accountable and having fun. Please take extreme care of our technology, wagon and general infrastructure. None of our equipment is waterproof and running should be suspended in the event of any precipitation.

Captains:

100 Mile runners from last year's 4th grade class who will serve as team captains:

Carson Brian

Garet Henrickson

Jenna Houckes

Seth Kastl

Cody Miner

Team captains may be recruited for anything from stretching, drills, PR/marketing, badge scanning, announcements, prize handouts, etc. Volunteers may elicit help from captains anytime it seems appropriate.

New for 2017-2018: 4th and 5th Grade Club members may plan, organize and execute fun runs with advanced approval and collaboration with a 100 Mile Club adult volunteer.

Committee:

Michele Mandeville – Coordinator / Namaqua Wellness Team and Staff Sponsor
manage 100 Mile Club organization
coordinate with school staff

Wendy Miner – Coordinator / Mileage Reporting – Tuesday Morning Runs
committee lead
registration and communication
weekly mileage reporting

Ann Houckes – Volunteer Coordinator – Lunch Runs
parent and staff volunteer coordinator

Emily Ferrell – Prizes and Incentives Coordinator
prize and incentives ordering
prize distribution

Mandy Morgan – PR Coordinator (Public Relations and Personal Records!)
bulletin board
fun runs and themed runs

Brandi Kreutzer – NPCE Liason/Grant Writer
school parent committee liaison
grant writer

More VIP 100 Mile Club Volunteers:

Beth Vasquez – Monday Afternoon Runs

Amy Reeves – Wednesday Morning Runs

Marie Hawk – Thursday Morning Runs

Stephanie Darcy – Lunch Runs