



We are excited to announce the return of the 100-Mile Club at Smith! This PTA-sponsored program provides the opportunity to run or walk 100 miles (or more) before the end of the school year. The club promotes regular physical activity, and, in turn, improve school readiness to learn, build self-esteem, and increase overall health.

**WHO:** All Smith students and participating parents

**WHEN:** Mon-Fri 8:00-8:18 AM, 10/07/19 – 5/29/20

**WHERE:** On the blacktop, in front of the office

**COST:** \$12 per participant (\$10 if you have your ID from last year or free if you need a sponsor!)

The membership fee includes the following incentives:

25 Miles: Club T-Shirt

75 Miles: Club Bracelet

50 Miles: Club Golden Pencil

100 Miles: Club Medal

**REMEMBER:**

- All students and parents must have a form on file to participate
- Only those with forms on file will receive a lap tracking ID Card (if you'd like a sponsor, check below!)
- Kindergarten students must be supervised by their parent.
- Students can continue to participate in the YMCA walking club without registering for the Smith 100-Mile Club, but will not earn the rewards, or be tracked.

Student name \_\_\_\_\_ Teacher \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Parent Name \_\_\_\_\_ Email \_\_\_\_\_

**Please select from the following options and include payment (cash or checks payable to Smith PTA)**

\_\_\_\_\_ My child participated last year and still has his/her ID, AND my \$10 is included for incentives

\_\_\_\_\_ My child will participate, AND my \$12 donation is included (includes ID and incentives)

\_\_\_\_\_ My child will participate, AND I want to make it \$15 (to put money toward sponsoring a child)

\_\_\_\_\_ I ❤️ the Smith 100 Mile Club AND I want to sponsor another child; an additional \$12 is included

\_\_\_\_\_ My child is interested in participating AND needs a sponsor (no cost to you)

Parents, can you volunteer one morning a week (8-8:20 AM)? Any help would be appreciated!

\_\_\_\_\_ Yes, I could possibly help. Please contact me with more details.

Name \_\_\_\_\_ Email \_\_\_\_\_ Cell# \_\_\_\_\_

← Please **READ & SIGN** the student/parent contract on the back →



## **STUDENT & PARENT CONTRACT**

- Only participants with forms on file will receive a lap tracking ID Card
- I will treat all students and parent volunteers with kindness and respect
- I will keep my hands to myself
- I will bring my Running Club ID Card to school each day and wear it while participating
- The volunteers will scan my ID Card with each lap to keep track of my mileage
- I will do the entire lap. I will not cheat or cut corners.
- I will wear appropriate shoes. If I don't have the proper shoes, I will only walk.
- If I participate in any organized runs, I can bring my bib or medal and will receive credit! Virtual Runs do not count!
- I will stop running when instructed to do so
- If I am a kindergartener, I must be supervised by a parent
- Parents are allowed and encouraged to participate but are expected to follow the same rules – parents should fill out this form front and back if they want a lap tracking ID card
- If I do not follow the rules, there will be consequences. I may not receive full credit for laps ran/walked, or I may be asked to no longer participate in the Smith Running Club

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Student Signature

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Parent Signature

**\*\*PLEASE RETURN THIS FORM TO SCHOOL BY FRIDAY 9/13 to get your ID by 10/7\*\***

Email Amy Buster with questions, comments, and/or concerns at [100MileClub@smithpta.org](mailto:100MileClub@smithpta.org)

