



Self-Control Alertness Intentness Condition Skill Team-Spirit Poise Confidence

ACCEPT THE CHALLENGE.

www.100mileclub.com

July 26, 2019

Dear Parent(s)/Guardian(s),

Welcome to another fantastic year at Westpark!

The 100 Mile Club® was started 20 years ago by Kara Lubin, a teacher in the Corona-Norco Unified School District. The 100 Mile Club® is now a non-profit organization whose sole mission is to provide to *all* individuals the opportunity to experience fitness and TRUE personal success by Accepting the Challenge of running (or walking) 100 miles at school during a single school year. Westpark runs its sessions on our field behind the playground before school begins.

This is the third year that Westpark has “Accepted the Challenge” and the second year parents can sign up, too! You will receive the same milestone incentives as your child!

Start Date: Tuesday, August 6

Days: Tuesdays, Wednesdays, Thursdays (while school is in session)

Time: 7:30 AM - 8:10am

Cost: \$20 **online** for each participant, or \$25 **cash/check**

Your child will receive:

- **25 Miles:** a fantastic t-shirt that is designed to show off your child’s accomplishments throughout the year
- **50 & 75 Miles:** Special Recognition as well as incentive prizes for each of the 50- & 75-mile milestones
- **100 Miles:** a beautiful gold medal at the end of the year
- Every participant receives a special certificate celebrating their total miles run at the end of the year

Mile credits will also be offered to students who participate in:

- Designated local 1-5K charity walks/runs (Bring in your bib for credit)
- 100 Mile Club® sanctioned events: <http://100mileclub.com/view-our-calendar/> (Bring 100 Mile Club® credit slip from event)
- KROC race on May 2, 2020 (Bring in your bib or medal for credit)

Please visit www.100mileclub.com or contact coaches Jeff Liu or Kim Lim for more information about the program. We look forward to celebrating your child’s accomplishments both on the track and in the classroom.

See you on the field (behind the playground)!

Jeff Liu (jeffliu33@gmail.com) & Kim Lim (klim0702@gmail.com)

Chairs, 100 Mile Club®