



Tomás Rivera Elementary School
20440 Red Poppy Lane
Riverside, CA 92508
951-697-5757



Dear Tomás Rivera Families,

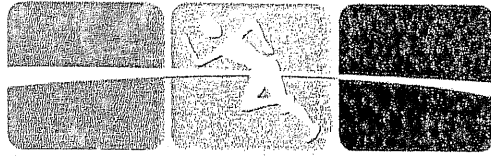
Tomás Rivera Elementary and your Rivera PTA are working together to continue to offer an exciting program called the 100 Mile Club. This is the third year that the 100 Mile Club has been at Rivera and each year it has grown a little more. This voluntary fitness activity is an opportunity for students to set personal goals related to jogging and/or walking, with a yearlong goal of reaching 100 miles. The 100 Mile Club is growing rapidly in popularity in the Inland Empire as a very positive activity for kids and we are happy that we can continue to offer it at our school.

The basic information is:

- Students in grades 1-6 will be invited to participate.
- Starting on Tuesday, September 3rd, students can jog or walk every **Tuesday and Thursday morning before school** on the track circling the backfield between 7:50 a.m. – 8:02 a.m.
- We will have volunteers on the track at a certain spot to hand out markers to students for each lap (1/3 mile).
- Students' laps will be recorded on Tuesday and Thursday mornings after they walk/ jog.
- Students have the chance to earn a 100-mile t-shirt (with smaller "milestones" indicated on the shirt, building up to 100 miles), a medal, bracelet, etc. We will also plan an end-of-year activity to recognize their accomplishments.
- In addition to earning miles before school, students can also earn miles outside of school (at 100 Mile Club sanctioned events, like 5Ks, going up Mt. Rubidoux with parents twice per month on weekends, etc.).
- The 100 Mile Club is a non-profit organization and there is a requested donation of \$10 per student to participate in the club. This helps cover the cost of the t-shirt that is earned when a student hits 25 miles and other incentives available to them.
- The 100 Mile Club form on the back of this letter must be filled out and turned in for each student participating in the program. Tracking will be done for all students, but no milestone awards will be given to students if a sign up form has not been received.

We are very excited to be continuing this program at Rivera and hope that many of the students will want to participate. If you have any questions or concerns, please contact riveras100mileclubcoach@yahoo.com.

Industriousness Friendship Loyalty Cooperation Enthusiasm Initiative



100 MILE CLUB

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

Are you ready to Accept the Challenge™? We are!

www.100mileclub.com

Registration Form

(Please Print)

Name: _____ Date enrolled: _____

Email Address: _____ Phone # _____

School/School Address: _____

T-Shirt Size:

Child Sm Med Lg
Adult Sm Med Lg
 XL 2XL 3XL

Parent Name: _____ (We encourage everyone to enroll)

Parent Signature: _____ (Student **MUST** have parent's signature)

_____ A one year registration of \$10.00 is enclosed for me/my student.

_____ I am interested in sponsoring _____ member/s for an additional \$10.00 each.

_____ I am interested in becoming an assistant coach and/or donating time during the day and/or at walks within our community and can be reached at

() _____ or email: _____

_____ Total amount enclosed. Cash Check #

(Please make checks payable to _____)

School/Group name