



West Jefferson Elementary
2017-2018 100 Mile Club

We began running this week and want to say again that all students are welcome to join our club. Students will have at least 4 opportunities each week to run either before school, after school or during recess. Every week, students choose from any or all of the following:

Mondays after school- Students will run starting right after school and have until 4:15. Someone will need to pick up kids by 4:15 pm.

Tuesdays and Wednesdays during recess- Students will have approximately 20 minutes to gather stick and earn laps/miles

Thursdays before school- Students will run starting at 8:00 am and be released at 8:30 am to make it to class on time.

Weekends- 1X per month, we will have an off-campus activity -location (Nov. 19th at 1:00 pm at Flying J Ranch Park- Shadow Mountain Road Entrance)

Classroom Opportunities- Students MAY have a chance to earn miles with their whole class on occasions

**We will update our website 100 Mile Club Page info throughout the year

**We are in need of volunteers, so let us know:-)

Cost: Free or \$10 to get the Prize Package (T-shirt, pencil, bracelet and medal) when they reach the goals of 25, 50, 75 and 100 miles. Students who participate but do not pay will still be acknowledged and get sticker incentives for their accomplishments.

Pay via check or cash with the bottom of this form.

Please see our calendar on WJES.net for times & dates to run, including our Turkey Trot

Student Name: _____ Teacher: _____

Parent Name: _____ Phone number: _____

Parent Email: _____

T-shirt size (circle): Youth Small Youth Medium Youth Large

Adult Small Adult Medium Adult Large Adult XL Adult XXL Adult XXXL

[] I want my child to be participate in the Prize Package Option (\$10 per child)

I agree to let my child participate in the 100 mile club and will pick up my child any time that they are staying after school to run.

Parent Signature _____ Date _____

