



AT ST. MARY, STAR OF THE SEA CATHOLIC SCHOOL

WHO: ST. MARY'S STUDENTS

WHAT: AFTER SCHOOL 100 MILE CLUB

WHERE: OUR SCHOOL FIELD

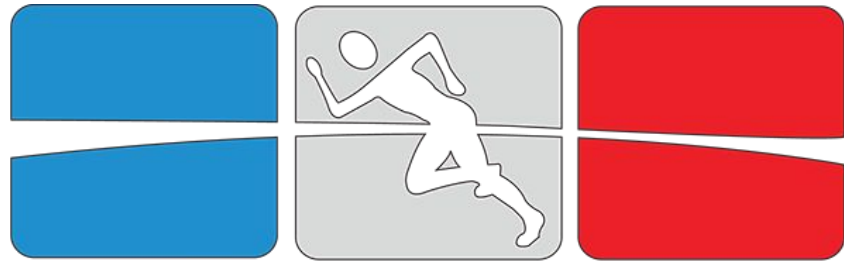
WHEN: TUESDAYS AND THURSDAYS FROM 3:00-3:30

STARTING 2/6

WHY: TO GET THE KIDS MOVING AND HAVE FUN

IF YOU WOULD LIKE TO VOLUNTEER, PLEASE EMAIL MRS. RUEDI
LRUEDI@STMARYSTARS.COM

THANK YOU!



100 MILE CLUB®

SINCE 1993

The 100 Mile Club® was started 24 years ago by Kara Lubin, a public school teacher in the Corona-Norco Unified School District in Southern California. 100 Mile Club® is now a non-profit organization whose sole mission is to provide to all individuals the opportunity to experience fitness and personal success by Accepting the Challenge of running (or walking) 100 miles at school.

This year at St. Mary, Star of the Sea School, the 100 Mile Club will be open to all grade levels. Mrs. Lori Ruedi, 4th grade teacher, will be the St. Mary's 100 Mile Club coach. 100 Mile Club sessions will take place Tuesdays and Thursdays from 3:00-3:30. Children who are interested in being a part of The 100 Mile Club should sign up with Mrs. Ruedi. Each child who signs up for the 100 Mile Club will receive an "Challenge Accepted" ID card, signifying that they are taking part in the 100 Mile Club® challenge. There is no cost to participate.

We have Accepted the Challenge, and we are so excited! Starting February 6th, participants will go out to the playground, stretch out, and earn some miles! The miles and love for running begin to build instantly! Through the journey toward 100 miles, your child will practice personal goal setting, team spirit, perseverance, poise, confidence, and honest self-evaluation. As your child reaches special MILEstones, we all celebrate together.

When your child reaches 100 miles, he or she will be celebrated at our Year-End Ceremony where every participant will receive a special certificate celebrating their total miles run.

If you have additional questions about the 100 Mile Club, please contact Mrs. Ruedi at lruedi@stmarystars.com. If your child is interested in signing up for the 100 Mile Club, please return the slip at the bottom of this page to school.

Thanks so much,

Yes, my child would like to join the 100 Mile Club at St. Mary, Star of the Sea Catholic School.

Child's name (first and last) _____ Grade: _____

Parent Signature: _____ Date: _____

