



OVERVIEW & OPTION...

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ACCEPT THE CHALLENGE!



OVERVIEW & Options

*Active kids simply do better...better in the classroom,
better attendance, better health and fitness.*

**Our programs were designed to be easy to implement (and fun!!)
for you and your students.**

As a school teacher, administrator, paraprofessional or parent, you have accepted the challenge (and privilege) of providing children with a nurturing environment that promotes learning and development. As a 100 Mile Club coach or champion, you are in a unique position to take that challenge and opportunity a step further, encouraging the children at your school to learn skills and instill habits that can help them to be physically active and healthy over a lifetime!

Choose From One of the Three Program Options Below

- The **CERTIFICATE PATH** program serves as a NO COST way to experience the benefits of physical activity immediately and become a part of a national organization. *This option allows students to be 100 Mile Club members, track miles, and be recognized with a beautiful end-of-year certificate.*
- The **GOLD MEDAL** program is our original Award-Winning option that provides your students with our Signature Incentive



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ORDER SUPPLIES & INCENTIVE PACKAGES

ORDER 100 MILE CLUB® MEDALS



UPDATE INFO

UPDATE PROFILE

- The **[GOLD MEDAL](#)** program is our original Award-winning option that provides your students with our Signature Incentive Package celebrating success every 25 miles on their journey to 100 miles. No matter where you are, these incentives connect ALL children and fosters friendships, team spirit, and camaraderie at your school and nationwide. *Cost is just \$10 per person and includes our signature t-shirt, pencil, wristband, beautiful end-of-year certificate and gold medal for milestones earned.*
- Our **[HYBRID](#)** program is a combination of the Gold Medal and Certificate Path programs – Schools may utilize both program simultaneously to best meet the needs of their students and school.

No matter the program chosen, all students benefit from learning to make fitness a part of their lives...

ALL students receive an End-of-Year 100 Mile Club Certificate celebrating their total miles achieved.

Our sole purpose is to improve the health and well-being of children at school through daily physical activity in a noncompetitive, supportive, and fully-inclusive environment.

 **It's simple.**

 **Run or walk 100 miles at school.**

 **100 Mile Club® runs the course of one school year.**

 **It can be tailored for use before school, during school, or after school.**

We help you put the 100 Mile Club® into action. Each school is provided ongoing support from beginning to end. Stay connected

UPDATE PROFILE

Inspired by the 1992 Olympics, special education teacher Kara Lubin used the dream of becoming a gold medalist to inspire her hard-to-motivate students. That year, The 100 Mile Club® was born from a simple idea, run 100 miles and earn a gold medal. With incentives given along the way, including our unique milestone t-shirt, lessons in goal-setting, determination, and team spirit are delivered alongside exercise.

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MONDAY-FRIDAY

8:00 AM – 5:00 PM PST OR
BY APPOINTMENT



NEED TO CALL US DIRECT?

(951)-340-2290

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[Keeping Track of Miles](#)

[100 Mile Club® Program Guide PDF & EPUB](#)

provided ongoing support from beginning to end. Stay connected through our bi-weekly newsletter, social media tools, and procedures to help make The 100 Mile Club® run smoothly and positively at your school.

Whether you're a local school or across the country we are here to help you from beginning to end.

The 100 Mile Club® is safe, fun, and consistent and can be modified to fit the needs of all children. We provide students with an easy, fun and safe way to add physical fitness and goal-setting into their daily lives. It is our goal to inspire our students to want to keep fitness in their lives now and into adulthood.

By walking or running daily or a few times a week students learn first-hand the benefits of exercise and begin to look forward to reaching their individual goals.

We celebrate the success of all children who participate

...

Join us today!

Our Motto

No written word, no spoken plea
Can teach our youth, what they should be

Nor all the books on all the shelves
It's what the teachers are themselves

~John Wooden

1910-2010

Join the Fun!

100 Mile Club® is for everyone! Whether you're a kid or an adult, in school or part of a corporation, we want you to join the fun!

Tweets

Follow



KP Riverside/MVMC

@KPRiverside

1 Jan

Here we go.....starting off 2016 for good health.
#kptogether [twitter.com/100mileclub/st...](https://twitter.com/100mileclub/status/6531234567)

Retweeted by 100 Mile Club®

Expand



100 Mile Club®

@100MileClub

5 Jan

A nice little suggestion. Wanna race?
#takethestairs #100mileclub #makeitfun
pic.twitter.com/XFpsAbs2wM

Tweet to @100MileClub

Tweet to @100MileClub

Latest News

DEC | 16 | 2015

MORE THAN A CHECK MARK: PROMENADE MARKS TEES WITH FLAIR!

Promenade Elementary School in Alvord Unified School District has a...

JUN | 14 | 2015

SUCCESS SPOTLIGHT: ADAMS ELEMENTARY SCHOOL

Guest post by Julie Churchman,

Adams Head...

CONTACT US!

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UPCOMING EVENTS

SO...WHAT IS A "GET-IT" AWARD,
ANYWAY? AND WHO GETS IT
THIS TIME?

A district administrator emailed me the other day and was...

A LETTER FROM OUR FOUNDER

Since the beginning of my adventures as The 100 Mile...

OUR ADDRESS

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