**What is the 100 Mile Club?**

We are a physical activity and life skills program for kids in school with the goal to run or walk 100 miles during a school year.

**What it the Mission of the 100 Mile Club?**

Engaging and empowering kids and families to achieve a healthy lifestyle through physical activity nationwide; preventing childhood inactivity and obesity, one child, one school, and one community at a time. It is our vision to get students, families, and communities active and moving.

**How to I enroll in the 100 Mile Club?**

To enroll in the 100 Mile Club, you merely complete the enrollment form (insert link) and pay $10.

**What can I earn if I join the 100 Mile Club?**

You will earn a fantastic t-shirt when they reach 25 miles (on the back of this shirt is a place to record your milestones – 25 Miles, 50 Miles, 75 Miles and 100 Miles.

You will earn a cool pencil when they reach 50 miles and a 100 Mile Club bracelet at 75 miles!

The goal is to run or walk 100 miles and earn a **Gold Medal**.

**Can I become a part of the 100 Mile Club if I have limited funds?**

Absolutely. Just reach out to your teacher, counselor or 100 Mile Club coach with your request.

[**Can I join 100 Mile Club myself if I am a parent/teacher?**](https://100mileclub.com/frequently-asked-questions/#1458249789366-e87490e4-44d0)

Absolutely! We highly encourage parents and teachers to join 100 Mile Club and run or walk with your participants. Many of the most successful programs have achieved such a level of energy because of the support, participation, and collaboration of the parents/teachers with the program.

**Can TK and K children participate?**

YES. These kiddos will earn Mini-Miles. For every mile they run, they will be credited with two miles!

**When is the Kickoff event for the 100 Mile Club?**

The Red Ribbon Run for Fun will take place during Red Ribbon Week on Wednesday, October 23rd from 1:40 pm until 2:45 pm. Just head to the field after your class is dismissed. Plan with your parent(s) ahead of time as to where to meet (either at pick up in front of the school or on the field).

**When are Puma Runs?**

Puma Runs take place (unless it’s raining)

Tuesday and Thursday mornings from 7:20 a.m. to 8:20 a.m.

Third Wednesday of each month in the afternoons from 1:40 p.m. to 2:50 p.m.

**Can I participate in Puma Runs if I am not a member of the 100 Mile Club?**

Absolutely. Every student will receive a lanyard and an ID Card for tracking miles. You do not need to be a member to receive a charm bracelet and charms (given out at certain Puma Runs).

**Are parents required to be present at Puma Runs?**

Yes, parents must be present and are encouraged to join their kids in running/walking. They are also eligible to enroll in the program to earn their own rewards!

**Will I be acknowledged for my accomplishments at a ceremony?**

Cadence Park will have Year-End Medal Ceremony where those enrolled students that achieved 100 miles or more will be awarded a cherished GOLD MEDAL and all students will receive an individualized certificate celebrating their total miles run.

[**Can I earn miles outside of my school?**](https://100mileclub.com/frequently-asked-questions/#1458591138395-d268a612-eb18)

Yes, outside miles can be earned at events that are approved by the 100 Mile Club Coach and other events that Cadence Park accepts and are offered and available to everyone. Examples could be a community meetup, after school fun run, or weekly walk at a community park.

**Will I earn miles for PE and other class runs?**

Yes. We will work with the PE teachers to determine weekly miles run during PE Classes and these will be added to your account. Also, if your teacher takes you out to the field to run during the day, these miles will also be added to your account.

**Can I go to any race and earn miles?**

Our 100 Mile Club website will include various community runs which you can attend and earn miles toward your 100 Mile Club goal. Miles earned at sports practices, sporting events (soccer games, football games, etc.), or weekend hikes with the family cannot be counted toward 100 Mile Club.

**Where can I visit the Cadence Park 100 Mile Club website?**

[**www.cadenceparkptsa.com/100-mile-club**](http://www.cadenceparkptsa.com/100-mile-club)**.**

**Who is the 100 Mile Club Coach and how to I contact him?**

Coach Neil. Send him an email to [**100MCCoachCadencePark@gmail.com**](mailto:100MCCoachCadencePark@gmail.com)