



Prado View has been a proud participant of the physical fitness program called "The 100 Mile Club" for ten years. This remarkable program has become a part of the Corona-Norco Unified School District's culture, and Prado View is excited to be part of it. Do you accept the challenge? This is the ultimate question for the 100 mile club. Teachers, students, staff, and parents are excited for this year-long physical fitness program. The first personal recognition happens at 25 miles, then again at 50 miles, 75, and finally 100 miles! All incentives are earned and are not given to members until each milestone is reached.

**25 Miles:** Students receive their 100 mile club t-shirt and a note of congratulations from the 100 Mile Club Head Coach. The back of the shirts are designed as a walking, wearable incentive chart.

**50 Miles:** Students receive a Golden 50 Mile Club Member pencil and a card with Timeless Words of Wisdom from Coach John Wooden.

**75 Miles:** Students receive a colorful "Live Strong"-type bracelet recognizing them as members of The 75 Mile Club.

**100 Miles:** Students are presented with a beautiful golden medal with an inscription and the year of achievement on the back of the medal. All 100 Mile Club runners are presented with a beautiful certificate of achievement at the end of the year with their total number of miles completed.

Even if students are unable to hit 100 miles, we celebrate!

Currently, our 100 Mile Club track is opened to all students before school starting at 7:15 a.m. and the track remains open until 7:40 a.m. To make this happen, we need volunteers to help scan / track student miles. Please indicate on the form below if you are able to help us out even one day a week. We appreciate our volunteers! **Only miles tracked at official 100 Mile Club events will be counted.** While we do appreciate all the sports activities some of our students participate in, the core of this program is to set a goal and achieve it. Opportunities outside of school that do count can be found on the 100 Mile Club website calendar.

While all students participate, if you would like your child to receive the incentives at 25, 50, 75 and 100 miles, the cost is \$10.00. *It is important to note that incentives are earned and will not be distributed until the student has reached that milestone, including the shirt.* If you can, we encourage you to sponsor a student who may not be able to afford the cost.

***Thank you for helping our students to achieve their personal best!***

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 **YES**, I have enclosed \$10 for my child to be a member of the 100 Mile club and receive incentives at 25, 50, 75 and 100 miles. **We accept cash only.**

**NO**, I understand that my child will participate, but will be on the certificate program only and will not receive incentives.

Student's name/Teacher \_\_\_\_\_

**T-Shirts Size – Please circle one**

- |             |              |             |
|-------------|--------------|-------------|
| Youth Small | Youth Medium | Youth Large |
| Adult Small | Adult Medium | Adult Large |

\$\_\_\_\_\_ Enclosed Amount (\$10.00 per membership)

***I am willing to volunteer before school*** (Please include contact information so we can train and schedule volunteers appropriately): \_\_\_\_\_