

**100 MILE CLUB RULES**

Hi Parents,

Please take a moment to review some of the running club rules with your kids so we can make sure that we are maintaining a fun, safe and fair environment.

1. Please run outside on the track as directed by your coach. In the gym, please run OUTSIDE the black line. (no cutting corners or cutting other kids off).

2. Please keep your hands to yourself.  Running club is not the place for tackling, wrestling or any other kind of rough play.

3.  Please make sure you are being honest about how much you are running! Outside, count your laps. Inside, please drop your stick into the bowl as you run by.  No throwing your sticks, racing your friend sliding into the bowl, etc. Only drop one stick per lap and one tally mark for each new stack of sticks.  Everyone is working really hard to reach their goal and if we have kids that aren't honest it takes away for the others that are.

5.  The only person you are competing with is yourself!  Show good sportsmanship by supporting and encouraging your teammates, we are all in this together and we want every single one of you to reach your goal!

6. Have fun!!  You are the amazing kids that are showing up before school to challenge yourself to reach a lofty goal of 100 miles.  We are a team so make sure you are nice to everyone that is working hard just like you :)

7. Participants must stay in the gym or on the running track outside during 100 Mile Club (7:30-8:00). Please send a note or an email letting us know if you want to allow your child to leave for any reason before 8:00 such as to eat breakfast. We cannot allow children to run around the building and children will be dismissed to the playground at 8am. We cannot supervise children who want to play on the playground after they have finished their mile before 8:00.

Also, parents, if there is anything the coaches need to know about your child that would make it easier for us to coach them and set expectations, please communicate that information to us. We want all students to have a great experience this year! Thank you so much for your support!  We love this program and how hard the kids work. We are excited for another great year! If you have questions, please let us know.

Your Coaches!