



(2019-2020 School Year)

Dear Parents,

The Colorado Health Foundation awarded SVVSD a Physical Activity Grant in the amount of \$1.4 million. The Physical Activity Grant is designed to support SVVSD in increasing the amount of student participation in daily moderate to vigorous physical activity (MVPA). In order to increase MVPA outside of the school day, SVVSD has implemented the 100 Mile Club at various schools throughout the district. Participants track miles walking or running during 100 Mile Club designated time at school, and at 100 Mile Club sanctioned community events Participants strive to reach a common goal.

The 100 Mile Club is a well-established national program that provides ongoing support and resources to schools. Students receive milestone incentives (Challenge Accepted ID card, t shirt, golden pencil, wrist band, and final certificate) along the way to help keep them motivated throughout the year. If students reach the goal of 100 miles, they are awarded a medal at the Year-End Medal Ceremony where every participant celebrates their total miles run.

Mead Elementary School will hold the 100 Mile Club on Tuesday, Thursday, and Friday morning's beginning Tuesday, September 3rd, 2019 from 8:20-8:50 a.m. Please do not allow students to arrive at Mead Elementary School prior to 8:20a.m. Supervision will not be available before our start time. Students are not permitted to play on the playground before, during, or after 100 Mile Club. Miles can't be accumulated on your own time. Miles can only be earned at 100 Mile Club sponsored events. Those events can be found on the St. Vrain Valley School District 100 Mile Club Website. **The final 100 Mile day will be Friday, May 15, 2020.**

This year, due to construction we will be on the grass field across from the parking lot. Also, we do not have a blacktop area if the grass is damp. Please send your children with extra socks and a zip lock bag daily, so they can have dry feet for the school day. On snowy days or temperatures below fifteen degrees, miles will be earned inside the school.

The registration cost for 100 Mile Club is \$20 per student. Participants will earn incentives at 25, 50, 75, and 100 Miles. Parents are also encouraged to register and participate.

Please register online using the St. Vrain Valley School District 100 Mile Club Website Link below or scan the QR Code. All registrations must be completed online; no hard copy registration forms will be accepted.

Registration Link:

<https://stvrain.revtrak.net/WS-Redirect/?wsresource=eventDetail.html%3fid%3d1082917>

St. Vrain Valley 100 Mile Club Link:

<https://www.svvsd.org/node/184711>



Thank you,
Robin Sagel
Mead Elementary School

