



## HEALTHY, HAPPY, CONNECTED KIDS

Carefully developed over 30 years, 100 Mile Club is the elite school-based program leading the effort to increase childhood physical activity and benefit overall health and wellness of students nationwide.



## HELLO *California* FRIENDS!

**Join Today!**

Ask about financial assistance and bulk discounts  
available for schools and districts.



**Before, During and After School Options Available!**

# WHY 100 MILE CLUB?

## **FUN, Simple and Effective**

100 Mile Club is a simple, easy to implement program with support and customer service to help you each step of the way! This evidence-based program adds fun and important benefits, with over 90% of students and families coming back year after year!

## **Flexible - Before, During and After School**

The program can be implemented in any school situation, from large public schools to small private or homeschools. You'll find the same spirit and mission in a variety of circumstances.

## **Adaptable**

The program adapts to the needs of all children, abilities and ages using our miles and sMILES options. All students feel celebrated and successful!

## **Cost-effective**

Program options range from our no-cost Start Line Program to our fully incentive based Elite and Ultra-elite program options. These affordable, low-cost options allow any school to register and participate, no matter circumstances.

## **More than just a running program!**

In addition to a great physical activity program, students learn important life skills and habits which benefit their mental, social and emotional health. Plus, students of all abilities and circumstances are connected nationwide as a part of the same program.

## **Get Started Today!**

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