

100 MILE CLUB®

SINCE 1993

**Healthy, Happy, Connected Kids,
Families & Communities**



Who we are . . .

Our Vision

Healthy, Happy, Connected Kids®

Our Mission

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.**



Our Challenge

The 100 Mile Club presents students with a straightforward challenge: run, jog, walk or roll 100 miles over the course of the school year.



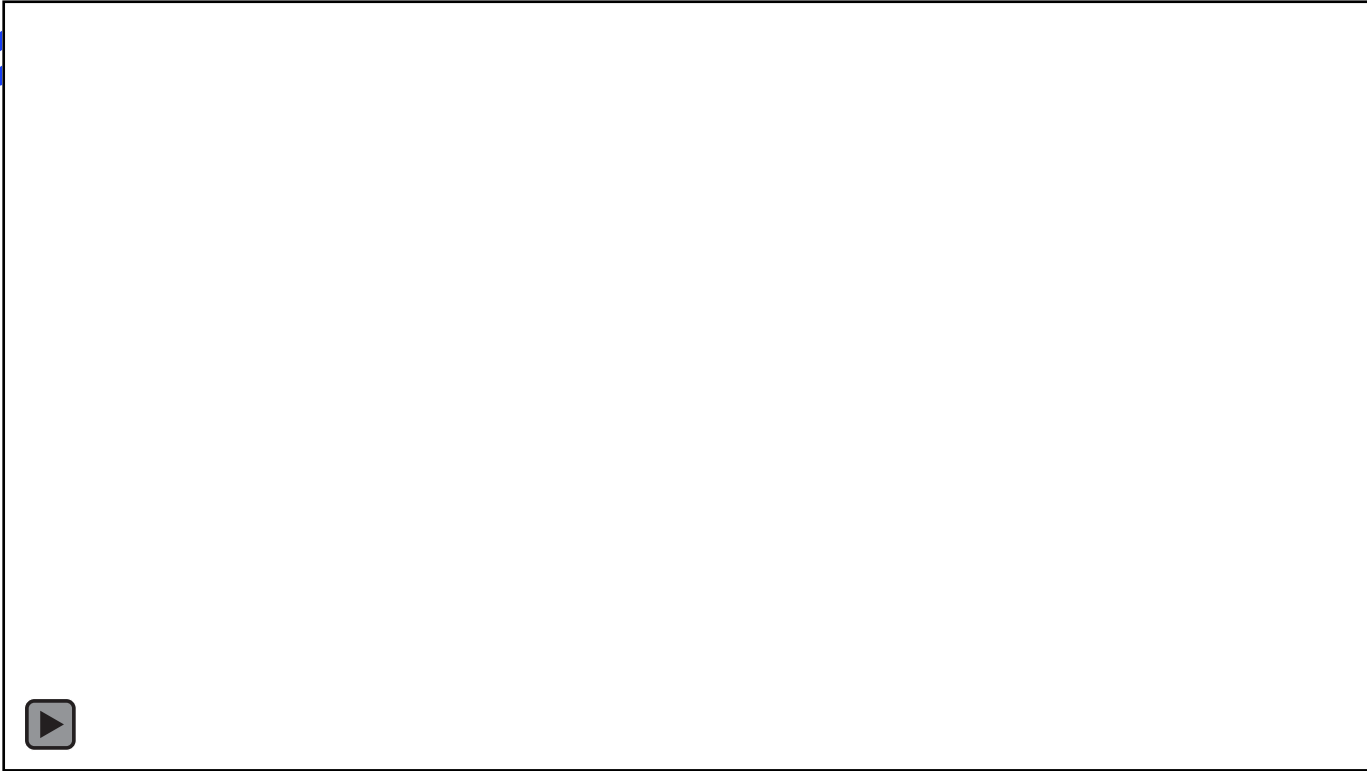
What does 100 Mile Club look like?

Every program is unique -
from small groups or clubs to full
schools of 1000+ students.

Each school can look different,
but will still have the same vision and
mission –

Healthy, Happy, Connected Kids.





Taft Elementary School – Riverside, CA

Our Incentive Package



Based on our signature MILEstone t-shirt and coveted Gold Medal, our incentives celebrate student accomplishments every 25 miles. Students are excited to earn rewards along their 100 mile journey.



Most Popular!

ULTRA-ELITE

Maximum Performance.
Super Charged. All-In.

ELITE

Life-Changing. Empowered.
Meaningful.

PACESETTER

Affordable. Fun.
Celebratory.

START LINE

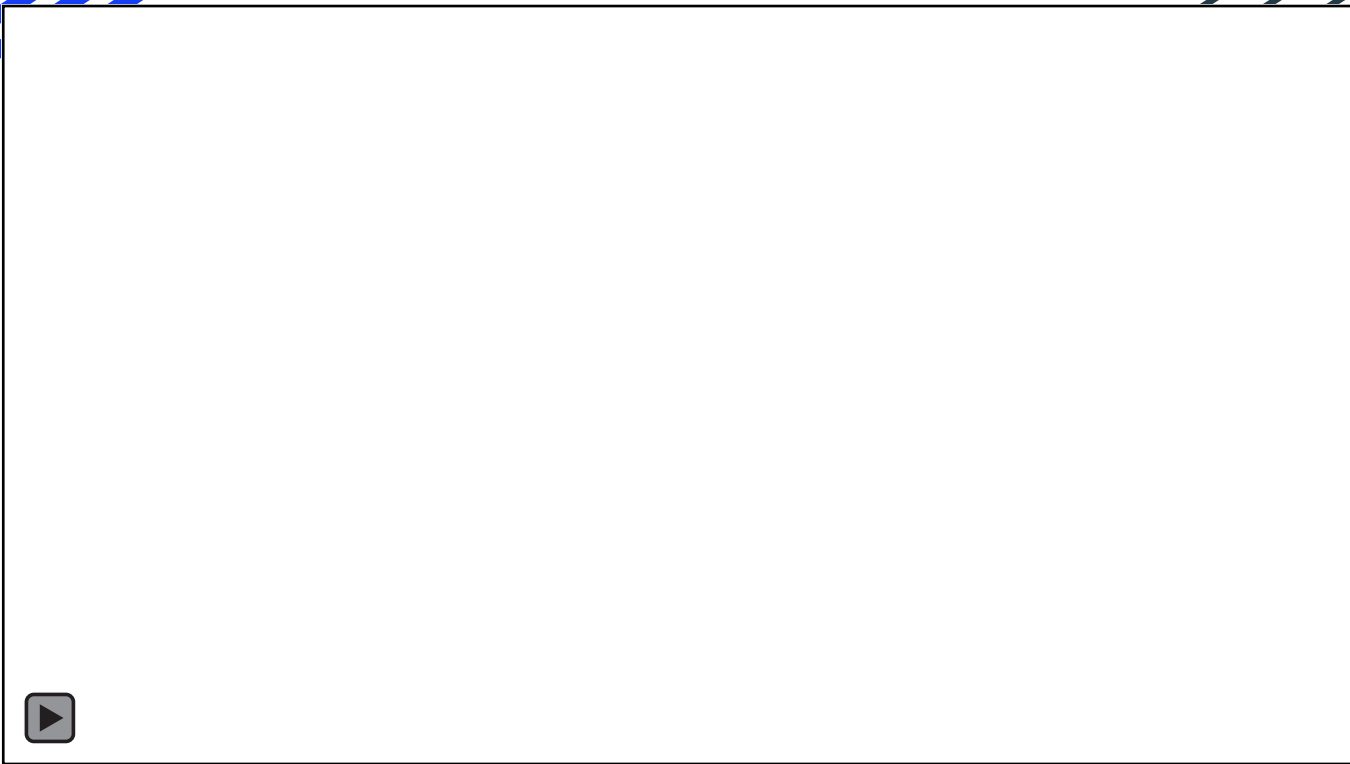
Easy. Simple. Free.

Package Cost <i>Per Year</i>	\$20 <i>Per Student</i>	\$15 <i>Per Student</i>	\$5 <i>Per Student</i>	Free
Challenge Accepted ID Card	👍	👍	👍	Digital Download
Annual 100 Mile Club Sticker	👍	👍	👍	
Dog Tag Keychain NEW!	👍	👍	👍	
MILEstone Stickers <i>4, Earned at 25/50/75/100 Miles</i>	👍	👍	👍	
"WOW" Certificates <i>4, with write-in milestones</i>	👍	Digital Download	Digital Download	Digital Download
Year-End Certificate	👍	👍	👍	Digital Download
MILEstone T-Shirt <i>Earned at 25 Miles</i>	👍	👍		
MILEstone Pencil <i>Earned at 50 Miles</i>	👍	👍		
MILEstone Wristband <i>Earned at 75 Miles</i>	👍	👍		
Gold Medal <i>Earned at 100 Miles</i>	👍	👍		
Water Bottle	👍			
Drawstring Backpack	👍			
Folding Flying Disc NEW!	👍			

Our Incentive Package Options

Our incentive package options, from FREE to low-cost, allow any school to participate.

The program is highly adaptable to the resources and needs of schools and individual students.





Why 100 Mile Club?

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It's more than just a  
running program!



# Why does it work?

- It's an extended, year-long program
- Includes students of ALL abilities
- Connects students, staff, families and communities
- Tangible rewards and recognitions
- Participation truly affects the 'Whole Child'



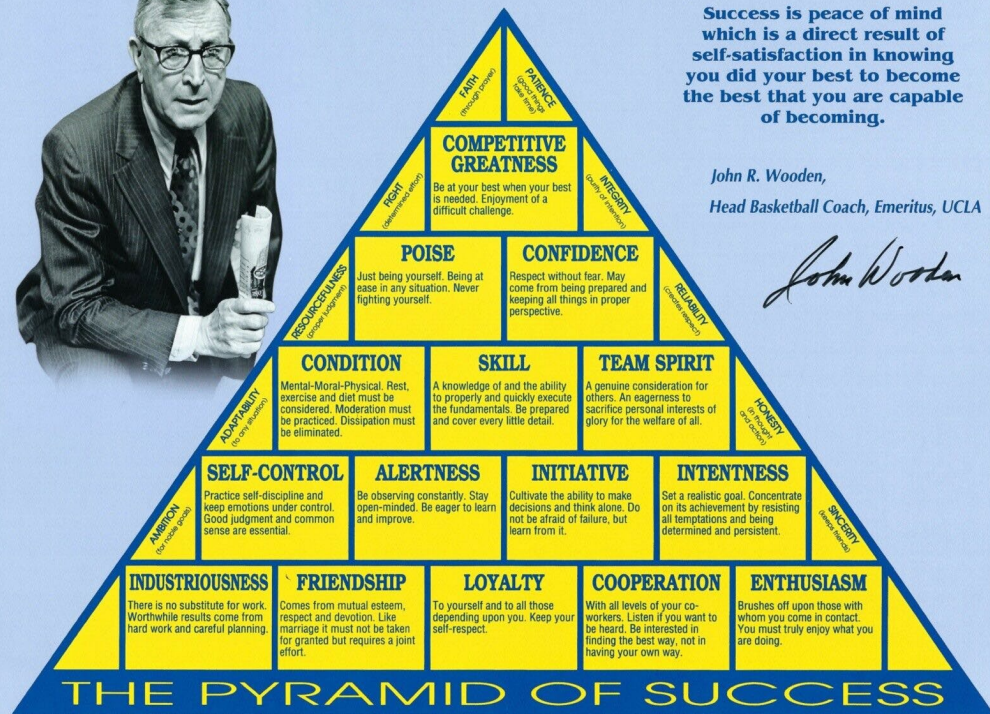




Success is peace of mind  
which is a direct result of  
self-satisfaction in knowing  
you did your best to become  
the best that you are capable  
of becoming.

John R. Wooden,  
Head Basketball Coach, Emeritus, UCLA

*John Wooden*



# Pyramid of Success



# 100 Mile Club is for EVERYONE!



100 Mile Club inspires students of all abilities to be active in an accepting, positive, and inclusive environment.

Begun by special education teacher Kara Lubin, the program adapts to a child's ability and circumstance.

Participants work individually on their '**personal best**' while creating bonds among other 100 Mile Club students in their school, community and across the nation.



Victress Bower School for Exceptional Children

California School for the Deaf

# Our program has been proven effective\* in:



-  **increasing daily physical activity**
-  **improving attendance, decreasing tardiness**
-  **improving classroom behaviors**
-  **strengthening family and commUNITY engagement**
-  **building self-esteem**
-  **developing and sustaining healthy habits**
-  **improving peer relationships and team spirit**
-  **teaching short and long-term planning**

\* The Fueling Learning Through Exercise (FLEX) Study by Tufts Univ.  
Wright et al. BMC Public Health (2016) 16:1078

# What our families shared this past year . . .



**92%** - 100 Mile Club made a positive difference in my child's school and life experiences, including:

- *More physically active, better focus and concentration, improved self-esteem, and increased family involvement*

**80%** - 100 Mile Club made a positive difference for my child during COVID-19/virtual learning, specifically:

- *Better able to deal with stress and anxiety, feeling connected during virtual learning*

**98+%** - We want our child to continue 100 Mile Club next year!



# The Bodenhamer Family



LIVE ON GMA

**FAMILY FITNESS FUN!**

TOP WORKOUT TIPS TO GET YOUR FAMILY MOVING



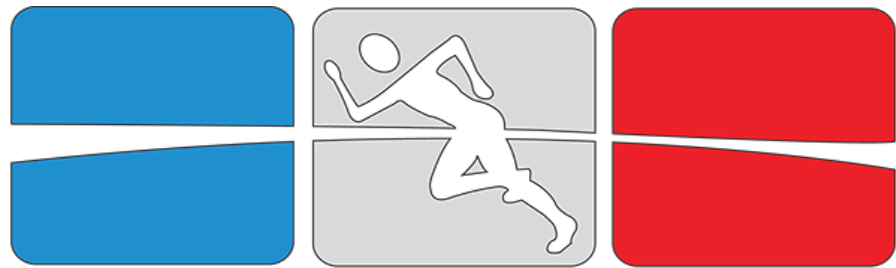
# Community Events



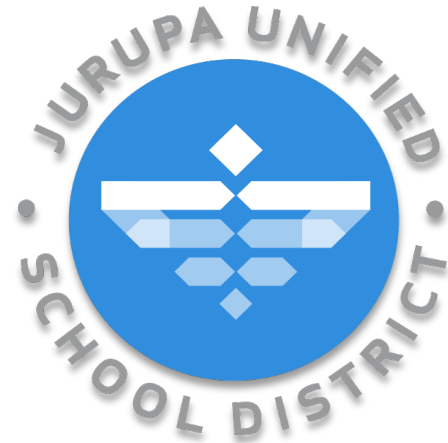
Whole School  
Whole Community  
Whole Child Model  
(WSCC)



100 Mile Club Benefits the Whole Child



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**SINCE 1993**



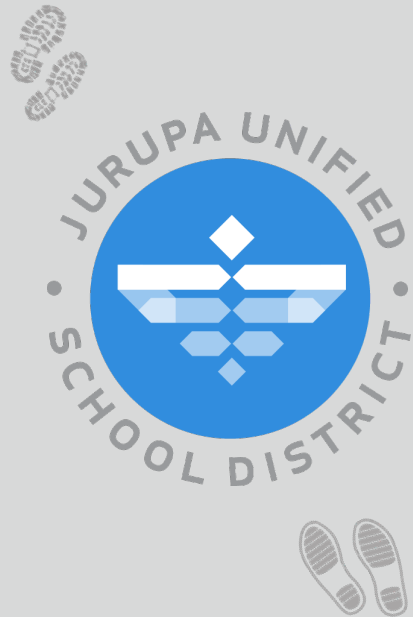
**Dave Doubravsky**  
**Assistant Superintendent**  
**Jurupa USD**

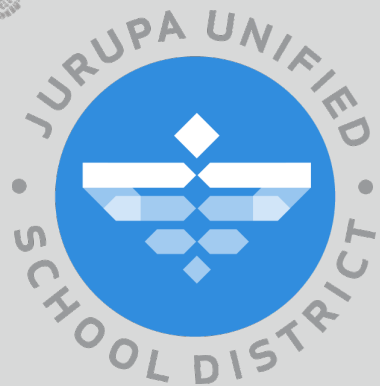




## *Jurupa Unified School District*

- 16 elementary, 1 K-8, 3 MS, 3 HS, 1 continuation HS
- 18,618 TK-12 students
- 29% English learners
- 20.4% RFEP
- 12.1% Special ed services
- 75.9% Socio-economically Disadvantaged (SED),
- 105 Foster Youth
- 95 Homeless Youth
- 86.6% Hispanic, 7.1% White, 1.9% African American
- 81% Unduplicated
- Schools range from 52.08% to 97.13%



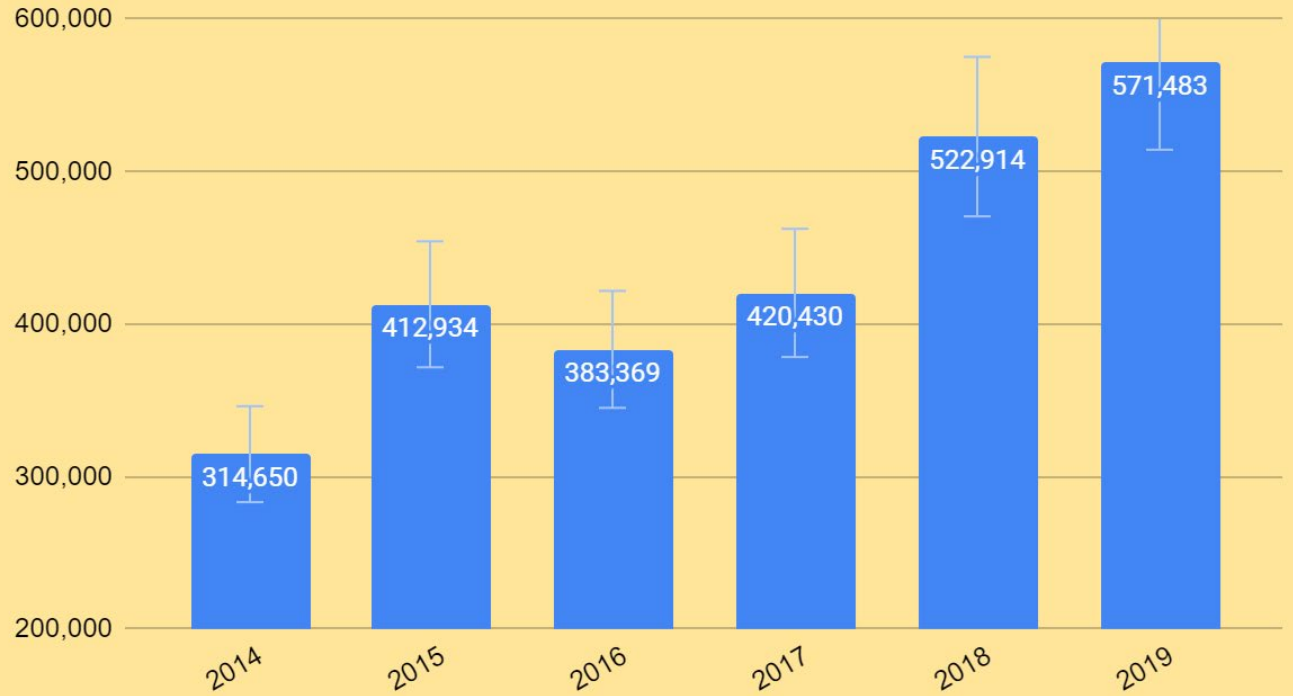


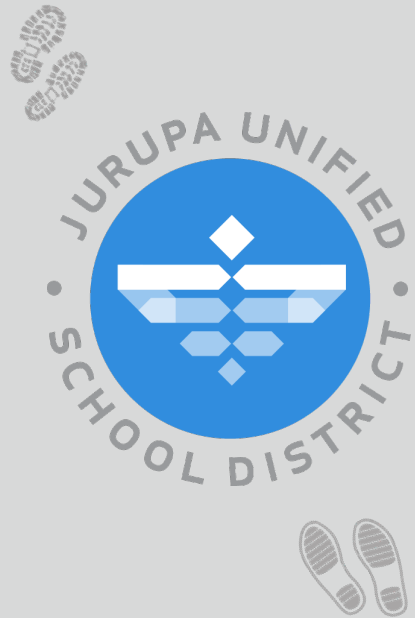


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## JUSD - Total Miles by Year





- Open Runs

- 100 Mile Club Calendar

- Board Celebrations

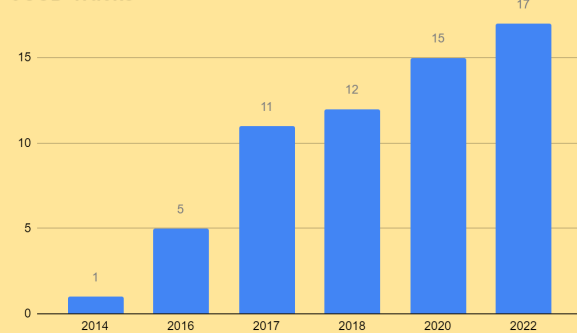




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# Tracks

JUSD Tracks



Please Support our Goal  
Contact: Jose Campos  
Director, Parent Involvement and Community Outreach  
4830 Pedley Road  
Jurupa, CA 92509  
951-360-4175



## 100 MILE CLUB

*Our Answer Against Obesity and Towards Promoting Physical Activity*

Childhood obesity rates remain high. Overall, obesity among our nation's young people, aged 2 to 19 years, has not changed significantly since 2003-2004 and remains at about 17 percent.



2010-11 School Year: 26 Students met or exceeded 100 Miles. (program was introduced in November to grades 4-6).

Running Tracks provide the physical space needed for a safe walking / running environment.



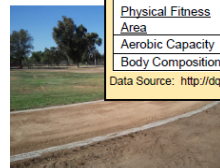
2013-14 School Year: Over 245 students met or exceeded 100 Miles!

In Jurupa Unified School District 45.1% of 5<sup>th</sup> graders were at risk based on their body composition results with only 44.5% in the Healthy Fitness Zone (see table below).

2012-13 Physical Fitness Data (most current available)

| Physical Fitness Area | Total Tested <sup>1</sup> in Grade 5 | % Grade 5 Students in HFZ | % Grade 5 Students in Needs Improvement Zone | % Grade 5 Students in Health Risk Zone |
|-----------------------|--------------------------------------|---------------------------|----------------------------------------------|----------------------------------------|
| Aerobic Capacity      | 1,466                                | 57.8                      | 29.9                                         | 12.3                                   |
| Body Composition      | 1,466                                | 44.5                      | 10.4                                         | 45.1                                   |

Data Source: <http://dq.cde.ca.gov/dataquest/>



With Community Support, Jurupa's first elementary running track was completed November of 2011 at Troth Elementary School. For the 2013-14 end of school year, Troth students ran over 61,000 miles collectively!

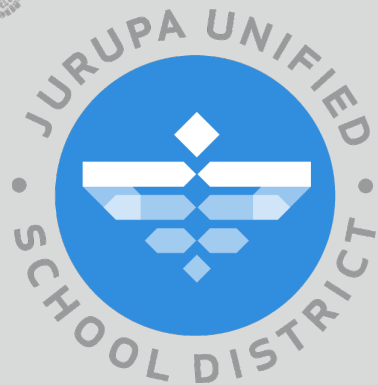
**GOAL:** Build five additional tracks by 2016!

Overall Goal is to have running tracks on all 16 elementary campuses (as of 8/2014 three campuses have tracks).

### TROTH ELEMENTARY DATA

|                  | % Grade 5 Students in HFZ 2010-11 | % Grade 5 Students in HFZ 2011-12 (1st Full Year of 100 Mile Club at Troth Elementary) *Track Completed Nov. 2011 | % Grade 5 Students in HFZ 12-13 |
|------------------|-----------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------|
| Aerobic Capacity | 56.9                              | 72                                                                                                                | 69.6                            |
| Body Composition | 35.3                              | 43.2                                                                                                              | 43.2                            |





# 2022

*Revitalize - Expand - Energize*



## *Expanded Learning Opportunities Program (ELOP)*

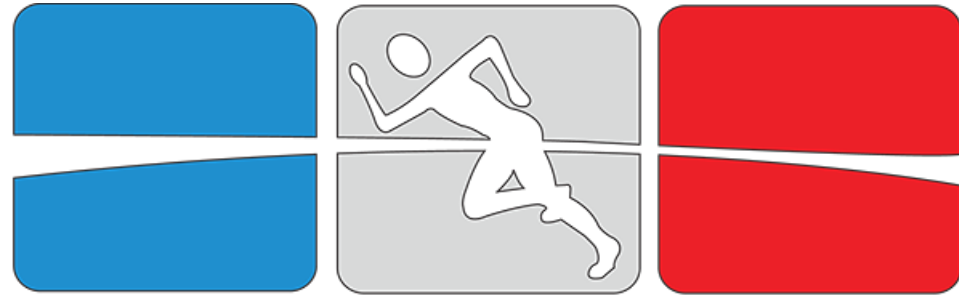
- Head Coach Stipends/ Support
- Districtwide “Head Coach”
- Open Runs Return
- Scanners (10/site/ open runs - districtwide software license)
- Site open runs



Let us help  
make it  
work for  
your schools  
and families



# Join us today!



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