

**100 Mile Club at Aspen Ridge is starting on September, 10th!**

**On Tuesday, Wednesday, and Thursday mornings from 7:40am-8:00am**, participating students will go out to a designated area to walk or run with fellow ARPS Owls for 20 minutes. The miles and love for running begin to build almost instantly! Upon joining, your child will receive an official 100 Mile Club "Challenge Accepted" identification card. Along the journey toward 100 miles, your child will practice personal goal setting, team spirit, perseverance, poise, confidence, and honest self-evaluation.

For every 25 miles earned, your child will receive an incentive designed to show off their accomplishments throughout the year. They'll earn a 100 Mile Club T-shirt after logging 25 miles, a golden pencil at 50 miles, and a wristband at 75 miles. All students receive a certificate of completion at the end of the year. Students who reach 100 miles will be awarded a gold medal at our Year-End Medal Ceremony, where every participant celebrates their total miles completed. We look forward to celebrating your child's accomplishments both on the track and in the classroom!

To register your child, use the QR code provided below. The registration fee for 100 Mile Club is \$25 per individual. Your fee can be paid online through RevTrak, or with a check or cash delivered to the front office. **Parents are welcome to register too!** Financial assistance is available. For more information, please contact Mr. Zuppas at [ezuppas@aspenridgeprepschool.org](mailto:ezuppas@aspenridgeprepschool.org).

Learn more about 100 Mile Club at [www.100mileclub.com](http://www.100mileclub.com)

