

# What Size Shirts Should We Get?

## Just know that the tees will run small. They just do.

If you need assistance with sizing, this chart and accompanying narrative should help. Simply look at what shirt size you or your child wear, and order accordingly. Remember a few things:

**Kids GROW!** Err on the side of one size bigger than they are right now. It is way better to have too big than too small.

**The 100 Mile Club® shirts are 50-50, so they won't shrink terribly.** They wash well and withstand a lot. Even so...to keep the fabric crisp and the color pretty and vibrant, simply hang the tee after washing and allow to dry in the natural air.

### Here is how sizing tends to break down for our kids.

Remember, this is just a guide and YOU know your students better than anyone.

	XS	S	M	L	XL	2XL	3XL	4XL			
<b>WOMEN</b> (SIZE)	0 - 2	4 - 6	8 - 10	12 - 14	16 - 18	20 - 22	24 - 26	-	-	-	-
<b>MEN</b> (CHEST)	-	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56				
<b>YOUTH</b> (SIZE)	2 - 4	6 - 8	10 - 12	14-16	n/a	n/a	n/a	-	-	-	-

If your measurement falls between sizes, please order the larger size.

For Men and Women, order ADULT. For Youth, specify YOUTH sizes. See order form for details.

### Basically, it works like this (just a brief narrative guide to get you going):

**Youth XS:** Look at this size only for Preschoolers and Toddlers if they are teeny tiny. It is not even on our order form, but if you really need it, just ask. We can get it.

**Youth S:** Good for tiny kindergartners. Remember, our kids GROW.

**Youth M:** Good for kindergarten-2nd grade.

**Youth L:** The most versatile size for sure! These are wider in the torso than Adult Small tees, so if you have a small child and they have a thicker middle, this is the size you want.

*NOTHING is worse than a shirt that is too tight on a child's tummy!*

**Adult S:** These are good for our long and narrow kids. If you have a tall, slim student, this is a good way to go.

**Adult M:** This is the smallest size you want to get for your *really* BIG, overweight kids...even the young ones. Refer to the size chart for details.

**Adult L/XL:** For our BIG older kids or our kids who like a big shirt.