

100 Miles in 100 Days - "To The Bridge and Across"

What: Once again it is time to begin our trek to the Mackinac Bridge. But, before we begin, here is some important info. First, I realize that many of us already have our own active routines and that this may not be appealing for everyone...no big deal. This is designed to get people moving and for those who like working towards a goal. Lastly, the integrity of this program is dependent on the honesty of its participants. **Begins Monday, January 30th!**

Rules:

- **PAY 5\$** This helps offset the t-shirt cost.
- Treadmills can be used...if you must. I prefer we use the halls or better yet...get out and feel the fresh winter air!
- You can definitely walk/run outside of school but you must log your miles regularly. **Please do not wait until the last week and suddenly scribble in 50 miles or tell me that you have your miles. I'm going by the board.**
- Mileage done on weekends does count. You will notice the board has weekend dates as well.
- Put pressure on your friends.
- Finish!
- **Bring completed sign-up form (on back) as well as \$5 to the designated person in your building. They are:**
RHS - my mail box
RMS - Fran Jacobs
RES - Sue Mires (Thanks Fran and Sue)

Name: _____

Building: _____

Extention: _____

T-Shirt size (unisex cotton/poly blend) _____

Paid: YES _____ NO: _____

Thanks and have fun!

