

Be a part of the...

Starting
January 11th!

100 or 125 Mile Club

Can you walk 100 miles in 80 days?
Or Cycle 125 miles in 80 days?

Take the challenge to see!

START DATE: Monday, January 11

END DATE: Wednesday, March 31

LOG SHEET DUE: Tuesday, April 6



Every mile starts with a step!

REGISTER NOW: Click [HERE](#) to Register for the Challenge.

100 & 125 Mile Challenge

What is the “100 & 125 Mile Challenge”?

This is a challenge with the goal of increasing physical activity for Iredell County employees. The goal is to walk or run 100 miles in 80 days or cycle 125 miles in 80 days. Pick your challenge!

How Does this Challenge Work?

1. Register for the challenge by Monday, January 11.
2. Locate some nice places to walk. Use a treadmill, walk outdoors, explore a park, cycle outside or on a stationary bike.
3. Beginning on **Monday, January 11** start logging the number of miles that you are walking or cycling on the log sheet you will receive after signing up for the challenge.
4. Once you reach 100 or 125 miles (whichever your goal is) turn in your Log Sheet to receive recognition! **Prizes will be given out after the challenge is over.** You have 80 days to complete the challenge! Miles walked after **March 31** will not count for this challenge.

Turn in your completed Mileage Tracking Form to Christina Davidson (Wellness Clinic).

Do normal daily steps taken count?

Steps taken during normal daily activity do not count. Only walking, running, or jogging intended as exercise; which means any physical exertion of sufficient intensity, duration, and frequency to achieve or maintain fitness, or other health or athletic, objectives.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call Sarah Williams at (704) 832-2329 and I will work with you to develop another way to qualify for the reward.