



100 MILE CHALLENGE

Name _____

Phone # _____

Date Turned in _____

Awesome!

Keep It Up!!

You're Amazing



So Close!



Return this completed form to the BDCAS drop box no later than June 30.

100 Miles of Movement Challenge for Active Adults ages 50+

Winter has a way of keeping us cooped up and now it's time to get moving.

Join your friends and neighbors in keeping those resolutions to get healthy by logging 100 miles of movement. Movement can come in the form of walking, running, biking, swimming, paddling or hiking.

Download a tracking form from our website or pick one up at the BDCAS office. Keep track of your miles from March 1 through June 31, 2021. Once one log sheet is complete, start a new one.

Turn in completed log sheets to the BDCAS office drop box at 209 S. Center St. no later than June 30.

All completed log sheets will be entered into a prize drawing. Winners will be notified in July.