



Congratulations on your participation in the 100 Mile Challenge! Below you will find some helpful information to ensure your success as you “walk toward a healthier you!”.

### What is the 100 Mile Challenge?

The goal of this challenge is to walk 100 miles (or more!) between **September 1st** and **November 30th** (approximately 1.1 miles per day). On Friday, **December 10th**, there will be a virtual awards ceremony and giveaway for those who have successfully completed the challenge.

Registration for the 100 Mile Challenge begins on **August 23rd** and ends on **September 10th**.

### How do I register?

Visit the CCHD’s website to register and pay online:

[www.christiancountyhd.com](http://www.christiancountyhd.com)

Due to the ongoing COVID19 pandemic, registration and payment will only be collected online for the 2021 Challenge.

### How much does it cost?

Cost is \$10.00 per participant. This includes a t-shirt and the registration fee.

**The first 100 participants will receive a free water bottle and hand-held fan!**

### What’s in it for me?

- Improved health
- Improved mobility
- Free t-shirt

Entry for giveaway at awards ceremony

### What tools do I need in order to complete the 100 Mile Challenge?

Miles will be tracked using the 100 Mile Challenge Tracking Sheet. Extra sheets can be downloaded from [www.christiancountyhd.com](http://www.christiancountyhd.com).

**See sidebar for submission instructions! Tracking sheets must be emailed for recognition at the virtual awards ceremony.**

Date	Miles	Date	Miles



### Important Dates to Remember:

**August 23rd** - Registration Begins-\$10.00

**September 1st** - 100 Mile Challenge Begins

**September 10th** - Registration Ends

**November 30th** - 100 Mile Challenge Ends

**December 3rd at 4:00 pm** - Last day to email Tracking Sheets to [christiancountyhd@gmail.com](mailto:christiancountyhd@gmail.com).

**December 10th** - 100 Mile Challenge Virtual Award Ceremony

## Tracking Info

You may track your mileage using the attached tracking sheet. If you need more tracking sheets, you can simply make a copy or download more at [www.christiancountyhd.com](http://www.christiancountyhd.com).

If you are using another method to track your miles, there is no need to fill out the *entire* tracking sheet. At the end of the challenge, simply print a tracking form, fill in your name at the top and the total mileage at the bottom of the page, and email it to the CCHD at [christiancountyhd@gmail.com](mailto:christiancountyhd@gmail.com) by **December 3rd at 4:00 pm** for mileage recognition.

Name: \_\_\_\_\_

### Tracking Sheet

Date	Miles
<b>Total:</b>	

Date	Miles
<b>Total:</b>	



Share your successes on social media

#CCHD100MILECHALLENGE



