

100 Mile Challenge

CALLING ALL RUNNERS!

Ms. Lewis, Mrs. Unruh, and Ms. Oswald would like to challenge YOU to partake in the 100 Mile Challenge this winter! You have from now until February 4 to reach this goal.

For every mile ran, be sure to log your run by writing the date in a shoe and have a parent/guardian or coach initial the circle to confirm.

If you are looking to pace yourself, this will average out to running roughly 10 miles per week. It is expected that you will run outside of practice in order to accomplish this challenge.

Runners who achieve 100 miles will receive an exclusive t-shirt.

Your coaches believe in you and are excited to see all that you will accomplish this season. Best of luck to each and every one of you!

-Ms. Lewis, Mrs. Unruh, and Ms. Oswald