



# CRS - ATHLETICS PRESENTS: **MIND OVER MILES**

## 30 Day Walking Challenge

### REGISTRATION BEGINS

AUGUST 14<sup>TH</sup> - 29<sup>TH</sup>, 2025

<https://sugeni.us/VycQ>



STARTING ON:

## SEPT 1ST

*Adaptive & Seniors 25 Miles*

*Beginners: 50 Miles*

*Intermediate 75 Miles*

*Advanced 100 Miles*

*in 30 Days*

Must Download Walking App and Prove weekly reports on Sept 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 30<sup>th</sup>.

**FOR MORE INFORMATION CONTACT CRS:  
ROBIN HENDRICKS 480-362-5785**



All completed participants will receive incentives at the end of the 30 days  
All employees will receive 25 Wellpath points



**GO AT YOUR OWN PACE**