

Community Recreational Services
Athletics Division



MIND *OVER* MILES



30 Day Walking Challenge

Starts Sept 1st.

Challenge yourself, both physically and mentally, with every stride over 30 days. Select a group below and complete at your own pace.

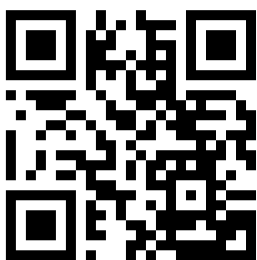
***Ready to
Push Your
Limits?***

- **Adaptive & Seniors:** 25 Miles
- **Beginners:** 50 Miles
- **Intermediate:** 75 Miles
- **Advanced:** 100 Miles

Must use a walking app to provide weekly reports on Sept 8th, 15th, 22nd & 30th.



Employees completing challenge receive 25 Wellpath points.



Register from Aug. 15th - 29th
<https://sugeni.us/VycQ>

For more information, call CRS Robin Hendricks at 480-362-5785