Hood 2011 Summer
200-Mile Challenge

Do you have Discipline?
Do you have Dedication?
Do you have Commitment?

Here’s your chance to prove it!

Challenge yourself to a summer of fun and health—by walking, running, and/or jogging for 80 days, June 1st through August 20th.

Levels of Achievement:

<table>
<thead>
<tr>
<th>Level</th>
<th>Distance</th>
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</thead>
<tbody>
<tr>
<td>Bronze</td>
<td>50 miles</td>
</tr>
<tr>
<td>Silver</td>
<td>100 miles</td>
</tr>
<tr>
<td>Gold</td>
<td>150 miles</td>
</tr>
<tr>
<td>Platinum</td>
<td>200 miles</td>
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</tbody>
</table>

The ultimate goal is 200 miles in 80 days.

The ultimate means:
- 2.5 miles per day
- 17.5 miles per week
- 75 miles in both June & July + 50 miles in August

It’s easier than you think. (A pedometer will help.) You’ll be surprised if you:

>>> Take a brisk walk on your lunch break >>>

>>> Park a few blocks from your destination and walk the rest of the way there >>>

>>> Turn on your favorite music and dance-walk >>>

>>> Walk, don’t ride, when you play golf >>>

>>> Count the distance in those tennis or softball games >>>

>>> Include the lawn mowing or yard work you do >>>

>>> Help the family dog to be healthier too >>>

>>> Make walk dates and go exploring with family and friends >>>

>>> Have fun >>>

Record your distances on the log provided. Keep your log and turn it in to HR by Friday, August 26th. Blog about your progress and encourage others to make their goals at http://hoodhealthyu.wordpress.com. Be watching for us on Facebook! Our achievements will be recognized early next fall.