

100 MILE CHALLENGE

**(Running, Biking, Elliptical,
Swimming, and other Cardio)**

**We will extend the date through September 5th
this year because of the late notice of this
challenge.**

100 MILE CHALLENGE

Main Street Motivation is throwing out a challenge for everyone in the Bureau Valley area. If you can walk/run 100 miles or do equivalent cardio exercises (I will give you the calculations) during this summer, your name will go on a "100 Mile Challenge" shirt along with the amount of miles you completed with all the other challenge participants. **THESE MILES ARE ONLY FROM EXTRA TIME THAT YOU DEDICATE TO CARDIO EXERCISE. YOUR MILES SHOULD NOT INCLUDE YOUR REGULAR ACTIVITY THROUGHOUT THE DAY RECORDED BY FITBIT OR FITBIT STYLE DEVICES.**

The 100 Mile Challenge's goal is to provide to *all* individuals in the Bureau Valley area the opportunity to experience fitness and TRUE personal success by completing the Challenge of 100 miles between June 1st and August 31st.

As a participant, you will have 3 months to complete 100 miles. You will be in charge of logging in your miles on the calendar provided.

We also want to encourage you to participate in some of our local races. These races are great community events and usually benefit organizations and causes that are dear to a lot of us. To reward you for participating in races (walking or running), you can log in double those miles. (e.i. a 5K race is equivalent to 3.1 miles, so you could earn 6.2 miles for participating in one 5K race).

The challenge will end on August 31st. Then, you have between September 1st and September 15th to hand in your log-in sheets with the total miles, shirt choice, and shirt size, along with payment for your shirt of choice. Your name will appear on the 100 Mile Challenge shirt with the amount of miles you completed.

If you have any questions, call Main Street Motivation at 815-379-3061 or e-mail at mainstreetmotivation@gmail.com

3 Miles of Biking = 1 Mile

1 Mile of Swimming = 3 Miles

10 Minutes of Intense Cardio = 1 Mile

1 Mile of Elliptical = 1 Mile

JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL FOR WEEK
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL FOR WEEK
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24 _____	25	26	27	28	29	30	
31							

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL FOR WEEK
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28 _____	29 _____	30	31	Sept 1	Sept 2	Sept 3	
Sept 4	Sept 5						



Name _____

Address _____

Phone _____

E-Mail _____

Number of Miles Completed _____

Turn in this form to Tracey Schoff at
Bureau Valley Junior High or mail to:

Main Street Motivation
PO Box 392
Walnut, IL 61376

By: September 15th

SHIRT CHOICES (indicate size: AXXL, AXL, AL, AM, AS, YL, YM) Long Sleeve \$22, Short Sleeve \$18, crew neck \$25, or Hooded Sweatshirt \$28

Dry Fit Long Sleeve Unisex _____ Dry Fit Long Sleeve Womens _____ Long Sleeve Youth T-shirt _____

Dry Fit Short Sleeve Unisex _____ Dry Fit Short Sleeve Womens _____ Short Sleeve Youth T-shirt _____

Hooded Sweatshirt _____ Crewneck Sweatshirt _____

*Note that women's cut shirts usually run a little small

Deliver to:

BVHS _____ BV North _____ BV Junior High _____ BV Wyanet _____ Main Street Motivation _____