

Join the Ellis Rec's 100 Mile Challenge! Walk or **Shirt Size:** _____
jog and log your miles, then receive a t-shirt
when you complete 100 miles.

Contact Information: _____

Date	Distance	Total Distance

Don't stop yet! There's more space on the back!

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Keep on Going!

Don't Stop Believing! (in yourself!!)

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You are AMAZING! You need another page!

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