Date	Distance	Total Distance

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. April 1st- May 12th	

Contact Information: _____

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

Keep on Going! Don't Stop Believing! (in yourself!!)

Keep on Going! Don't Stop Believing! (in yourself!!)

Date	Distance	Total Distance	Date	Distance	Total Distance
You are	AMAZING! You ne	ed another page!	You are	AMAZING! You ne	ed another page!