

5th ANNUAL

100 MILE



2023

CHALLENGE



WHO

You! Be sure to invite friends, co-workers, family members, and your dog to join you!!

WHAT

100 miles in 100 days. You can walk, run, or bike. If you choose to bike, the distance is 200 miles. Please only count miles outside of regular daily activity.

WHEN

The challenge begins on Friday, August 4, and ends 100 days later on Saturday, November 11.

HOW

First, register at "leightonbank.com/100-mile-challenge". Then, print the log on the following page(s). Jot the date for each mile completed in the circle chart, as shown. Each circle represents one mile, and there are 100 circles on the log.



This example shows two miles on August 7, one mile on August 8, no activity on August 9, and one mile on August 10. Keep going until you fill in all of the circles!

PRIZES

All who complete the challenge and return their log to an LSB location by Monday, November 13, 2023 will have their name entered in a drawing to win \$250.

Join us on Facebook and Instagram for prizes from local businesses. We will also have a prize for each dog that completes the 100 Mile Challenge!



Name:

Email:

Address:

Phone:

Dog's Name: if applicable

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You made it!

~~100~~ 200 MILE



CHALLENGE



Name: _____

If you are biking for this challenge, you will need this sheet to get to 200 miles.

If you are walking/hiking/running, you may ignore this page!

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*Bikers- NOW
you made it!*