100 Mile Challenge Log
October 1 – December 1

Whatever it may be, get outside and get MOVING! Complete 100 miles of movement from October 1st to December 1st! Beginning Thursday, October 1st, set a goal to complete a certain distance each day or each week. Whether you bike, run, walk, hike, etc., be sure to keep track! If you would like to keep track of your miles go to www.fortdodgeiowa.org/parks and find our 100 Mile Challenge log. This is not a race! This is an opportunity to get people outside and moving!

Date	Miles