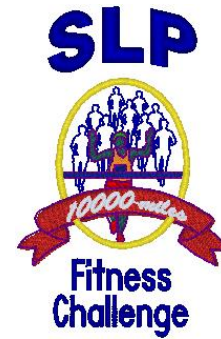


# Spring Lake Park MILE CHALLENGE



It's a new year and the time has never been better to challenge yourself! This is a great option if you want to increase your endurance, energy, and improve your health. To get started all you need to do is pick up a Personal Log Sheet from the Recreation Department (or online) and get moving!

## 100 Mile Club

Complete 100 miles by jogging, swimming, or bicycling in any combination during a four month period and receive a "100 Mile Club" T-shirt and certificate! You must keep a record of your distance and achievements on a personal log sheet. When you have completed your 100 miles bring the log sheet and \$10 to the Recreation Department to receive your T-shirt and certificate.

## 500 Mile Club

Why stop after completing your 100 mile goal, try the "500 Mile Club"! The rules are the same, only your 500 miles must be reached within a twelve month period. After reaching your goal, bring in your 500 mile log sheet and \$26 to receive your 500 mile sweatshirt and certificate.

## 1000 Mile Club

After making it this far are you ready for the ultimate challenge? Try the "1000 Mile Club"! The rules are the same as the 100 and 500 only your 1000 miles must be reached within an 18 month period. When you reach your goal, bring in your 1000 mile log sheet and \$34 to receive your 1000 mile certificate. We will order your jacket and you should receive it in a couple of weeks!

### How to Reach Your Goal:

<b>BIKING 4 MILES</b>	<b>=</b>	<b>1 SLP MILE</b>
<b>Walk / Jog / Run 1 MILE</b>	<b>=</b>	<b>1 SLP MILE</b>
<b>SWIMMING 1 MILE</b>	<b>=</b>	<b>4 SLP MILES</b>

