CPRD’s Milers Club

Do you like to walk, hike, run, swim? We have come up with a club that keeps track of all those miles you have put on over the year. The Milers Club is a club that you can be part of if you are needing that extra motivation to move, train for a race or try getting into something new to help improve your health.

This club is not a competition between anyone else!! It’s just for you.

What we (CPRD Fitness) will do

—we will track your mileage each week and then write it on our chalkboard wall (coming soon) in the fitness gym.

--- have one place for you to submit your miles too. milersclubCPRD@gmail.com

* each month have random drawing for those putting on those miles
* if we catch you outside walking or running—you may just get a $5 coffee card “We Caught You”

At certain mile markers are met there will shout outs and prizes.

50 miles, 100 miles, 200 miles, 250 miles, 300 miles, 350 miles.

So count your miles in

Walking

Running

Hiking (Snow shoeing and cross country skiing does count)

Swimming (See attachment for how to count your laps at the high school)

Lets have some fun moving our bodies and celebrating it. Let’s see how many miles we can total up.