



*Charlestown Parks and Recreation Presents:*

# 100 Mile Challenge

#movingpast2020! #AdventureAwaitsCPR

## **What is the 100 Mile Challenge?**

- Starts October 1<sup>st</sup>! Complete 100 miles at your own pace by Jan 1<sup>st</sup>.
- Walk, Bike, Run, Hike, Snowshoe-or whatever you want! Just get moving!
- All fitness levels and abilities are encouraged to participate.
- Keep track of your activity by using the Tracking Sheet provided.

## **Why?**

- During Covid-19, Charlestown Parks and Recreation is encouraging all ages to get outside and practice healthy habits all year long.

## **How it works?**

- This event is FREE for all ages.
- *OPTIONAL:* Pay \$20 dollars for a Charlestown Parks and Recreation Winter Hat! And a chance to win weekly raffle prizes.
- Download from our website, when you register online or pick up a tracking sheet at the Charlestown Parks & Recreation office.
- Fitbit, Map My Run, Runkeeper, Nike Run Club, are all great apps to help with tracking your mileage.
- Please share your progress on social media tag Charlestown Parks and Recreation and use the hashtag #movingpast2020! #AdventureAwaitsCPR
- Sign up by creating an account through Nottingham Parks and Recreation at the link below. Click here, then the 100-mile challenge activity, and you can pay online! Sign up by October 1<sup>st</sup>!
- An email will be sent when hats are ready for pick up at the Recreation Department at the Town Hall!

## **Register at:**

Any questions? [vhilton@charlestownri.org](mailto:vhilton@charlestownri.org)



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