



Get Active in 2015!

Take the Mile Club Challenge!

Choose Your Goal

50, 100, 150, 200, 250, 300, 400, or 500 Miles in 100 days.

Do the Work

Complete your miles using any mode of exercise run/jog/walk/hike, cardio equipment, swim, bike, exercise classes, etc.

Log Your Miles

Enter your miles & track your progress online.

Achieve your goal!

The program is free to employees of:

Mesa Community College

Register at www.mileclubchallenge.com, use the coupon code:

MARMCC

(The coupon code will make your amount due \$0, DO NOT PAY)

Your Start Date is **Thursday, January 29th**

Questions about the challenge or the registration process?

Email tim@mileclubchallenge.com

Grab a Coworker & Sign Up Today!