



Hub City 100 Miler

100 MILES IN 100 DAYS

NEW YEAR'S RESOLUTION!

REGISTRATION OPENS ON BLACK FRIDAY
Challenge runs Friday January 18 thru Saturday April 27

Do You Have a Company Wellness Program? Sponsor Your Employees for the 100 Miler!

THE GOAL: *Commit to Walking 1 Mile a Day for 100 Days*

Walk, run and move more in the New Year. Aerobic activities such as yoga, fitness classes, and biking count as "miles." Throughout the 100 days, weekly emails will offer motivational tips, recipes, and ways to reach your miles. Track your miles on paper or online with your fitness tracker. *New for 2019: Extended Mileage Challenge!*

WIN PRIZES!

WEEKLY PRIZES:
Fitness Passes & Accessories, Gift Cards, and More!

GRAND PRIZES:
Bikes, Smart Watch & GoPro Camera

parks&rec@hagerstownmd.org | 301-739-8577 x 170

www.hagerstownmd.org/hubcity100

ENTRY: (ALL AGES!) \$10 INDIVIDUAL \$20 with T-SHIRT \$25 with LONG SLEEVE T-SHIRT \$25 w/MY DOG (T-SHIRT & DOG BANDANA)



HAGERSTOWN
FIT F O R YOU