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Beat the Winter Blues: 200 Mile Challenge

Location: Wherever you want to exercise!

Cost: \$35

Ages: 12 & up

Registration Dates: September 3-February 1

Challenge Dates: September 5-February 1

Submission of Miles Deadline: February 8

How it works:

Complete 200 miles. From September 5-February 1 using any combination of activities, walking, running, swimming, cycling, etc.

Track your miles: Use your favorite fitness tracker app or a personal mileage log.

Share your progress:

Post your adventures. Share photos throughout the challenge on Facebook (Highland Parks & Recreation) or Instagram ([cityofhighlandparksandrec](https://www.instagram.com/cityofhighlandparksandrec)).

Finish and win

Submit your miles. Once you reach 200 cumulative miles, complete the form below and upload a screenshot documenting your mileage and a photo from one of your favorite outings.

After submitting your miles in the coming weeks you will receive your sweatshirt and will be entered into a drawing for Beat the Winter Blues Staycation Basket!

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