

Walk or jog and log your miles, then receive a t-shirt when you complete 100 miles.

Date	Distance	Total Distance
Don't stop yet! There's more space on the back!		

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Date	Distance	Total Distance
Don't stop yet! There's more space on the back!		

Keep on Going!

Don't Stop Believing! (in yourself!!)

Date	Distance	Total Distance
You are AMAZING! You need another page!		

Keep on Going!

Don't Stop Believing! (in yourself!!)

Date	Distance	Total Distance
You are AMAZING! You need another page!		