

It's time to put on your walking shoes! Mayor Dave Davis and the Jerome Recreation District are challenging the citizens of Jerome to the 2017 Mayor's 100 Miles in 100 Days Walking Challenge. Beginning Wednesday March 1st, through June 6<sup>th</sup>, 2017, participants are encouraged to walk 100 miles. It's easier than you think, and incorporating a one-mile walk into your daily routine can help you feel better and live longer.

Lace up your hiking boots, dust off your mountain bikes and saddle up those horses because it's time for a challenge! To make things more interesting, we're going to let you decide how these miles will be completed - hike, mountain bike, trail run, or on horseback. Here are your options:

<b>Method</b>	<b>Mileage</b>
Hiking or Trail Running	100 miles
Mountain Biking or Horseback Riding	200 miles

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, The Mayo Clinic reports that regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

Research shows that sitting for more than eight hours a day is associated with a 90 percent increased risk of type 2 diabetes, along with increased risks of heart disease, stroke and cancer. Walking every day can make a difference.

Walkers who track their mileage and complete or exceed the 100-mile challenge will be eligible for prizes and a t-shirt.

Whether citizens walk on their own, in a group, or join one of the many Magic Valley walks, remember that every step counts. Best of all, improving the quality of our health, might lead to a happier, longer life.

For more Healthy Jerome Recreation District activities and details on events, check out the Jerome Recreation District website [jeromerecreationdistrict.com](http://jeromerecreationdistrict.com).

## **How do I participate?**

- This challenge is open to all ages in the Magic Valley.
- You can register at [jeromerecreationdistrict.com](http://jeromerecreationdistrict.com) or stop by the office to register.
- After registering print off the log book and start keeping track of those miles.
- Since this is a self-guided program, there is no "official" entry form for the program. Everything revolves around the program logs.

## **What do I get?**

- All participants that complete the 100 miles in 100 days Mayor's challenge will receive a T-Shirt at the program finale on Tuesday June 6, 2017. A completed log book must be turned in that day to be eligible for the T-Shirt and prizes.

## **Program Rules and Regulations:**

- The program begins on Wednesday, March 1, 2017 and closes at 4 p.m. on Tuesday, June 6, 2017.
- Since this is a self-guided program, there is no "official" entry form for the program. Everything revolves around the program logs.
- All hard copy logs must be turned into the park\* where you will pick-up your t-shirt by 4 p.m. on Tuesday, June 6, 2017, no exceptions
- Participant may NOT combine their form/miles with another participant's form/miles to reach the 100 or 200 mile goal.
- You may combine options; however, 75 percent of your challenge must be completed via your primary mode and 25 percent via secondary mode. For example, if you decide your primary mode is hiking (100 miles) and horseback riding (200 miles) is your secondary mode, 75 miles must be hiked and 50 miles must be completed on horseback for a total of 125 miles.
- All participants who complete the 100 Miles in 100 Days challenge will receive a limited edition t-shirt at the park program finale celebration (date to be determined).
- T-shirts must be picked up at the park.
- Participants may make arrangements to pick up a shirt from the park at a later date.
- T-shirts will NOT be shipped to customers and park(s) will not be responsible for product not picked up.
- Participants may receive no more than one t-shirt per person, despite putting in extra miles.