



#100Miles100DaysSF MILEAGE TRACKER



	SU	M	T	W	TH	F	SA
WEEK 1	#100Miles100DaysSF					APRIL 22	APRIL 23
WEEK 2	APRIL 24	APRIL 25	APRIL 26	APRIL 27	APRIL 28	APRIL 29	APRIL 30
WEEK 3	MAY 1	MAY 2	MAY 3	MAY 4	MAY 5	MAY 6	MAY 7
WEEK 4	MAY 8	MAY 9	MAY 10	MAY 11	MAY 12	MAY 13	MAY 14
WEEK 5	MAY 15	MAY 16	MAY 17	MAY 18	MAY 19	MAY 20	MAY 21
WEEK 6	MAY 22	MAY 23	MAY 24	MAY 25	MAY 26	MAY 27	MAY 28
WEEK 7	MAY 29	MAY 30	MAY 31	JUNE 1	JUNE 2	JUNE 3	JUNE 4
WEEK 8	JUNE 5	JUNE 6	JUNE 7	JUNE 8	JUNE 9	JUNE 10	JUNE 11 1/2 WAY: 50 DAYS
WEEK 9	JUNE 12	JUNE 13	JUNE 14	JUNE 15	JUNE 16	JUNE 17	JUNE 18
WEEK 10	JUNE 19	JUNE 20	JUNE 21	JUNE 22	JUNE 23	JUNE 24	JUNE 25
WEEK 11	JUNE 26	JUNE 27	JUNE 28	JUNE 29	JUNE 30	JULY 1	JULY 2
WEEK 12	JULY 3	JULY 4	JULY 5	JULY 6	JULY 7	JULY 8	JULY 9
WEEK 13	JULY 10	JULY 11	JULY 12	JULY 13	JULY 14	JULY 15	JULY 16
WEEK 14	JULY 17	JULY 18	JULY 19	JULY 20	JULY 21	JULY 22	JULY 23
WEEK 15	JULY 24	JULY 25	JULY 26	JULY 27	JULY 28	JULY 29	JULY 30
WEEK 16	JULY 31	100 MILES · 100 DAYS · ONE SIOUX FALLS 2,400 HOURS · 144,000 MINUTES · 8,640,000 SECONDS 528,000 FEET · 6,336,000 INCHES · 160,934,400 MILLIMETERS					

siouxfalls.org/100miles

**Log 100 Miles
in 100 Days**

HOW TO PARTICIPATE:

- Walk/Run 100 Miles in 100 Days
- Tag selfies with #100Miles100DaysSF
- Win prizes!
- April 22-July 31, 2022



In 2020, I started a fitness challenge to keep us all focused on the crucial importance of prioritizing our wellness and mental health while getting outside in our community's great outdoor spaces – and we saw residents from across the community step up to participate! We're hoping you'll join us again this year as we kick off another 100 days.

The Mayor's Fitness Challenge is a simple one that anyone can participate in: When you are out running, biking, walking, rowing – whatever else you love to do – log those miles, share your progress with the hashtag #100miles100daysSF and post it to social media.

I invite you to join in with our community for this year's challenge, and I'll see you out there!

**- Mayor Paul TenHaken
City of Sioux Falls**