

**Richmond Family YMCA
2nd Annual
Walk/Run Across Indiana**

February 1st, 2011 to July 30th, 2011

Who: Any Richmond Family YMCA Member or Staff.

What: Walk or Run 153 miles in six (6) months. According to Google Maps.com, the route we are taking is 153 miles. If you walk a minimum of **5.9 miles per week** you can complete your trek across Indiana in the 26 weeks allowed. We will start at Dugger, travel to Bloomington then Columbus, on to Greensburg and finish at the junction of I-74 and the Ohio line. **This is not a race.** Everyone who completes the course will receive an award. There will be “incentives” along the way. Look for the designated mile markers on your chart.

When: This cardio challenge will start on February 1st and “RUN” through July 30th.

Where: You must walk/run your miles at the YMCA. You can use treadmills, bicycles, elliptical trainers, walk laps in the gym or walk outside as the weather allows. Check with any staff member for information on how many laps around the gym or the building equal one mile.

Why: Because we care about your health and want to help you achieve your fitness goals. Statistics show a good cardio program combined with weight training is the best way to lose weight and get fit.

HAVE FUN!

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