

Lowell Community Wellness
Presents

100 Miles in 100 Days

May 31, 2010 through September 6, 2010

GET THOSE FEET MOVING!

From Memorial Day until Labor Day record your total miles throughout each day. Registration is \$15.00 for an individual a pedometer and a t-shirt. You may also register as a team. There are 3 weekend hikes throughout the summer! (See below for details) Record your miles each day and total them at the end of each week. Please send them in an e-mail to LCW100miles@yahoo.com. Weekly winners will receive Bridge Bucks to be used at the downtown Lowell business'. Prizes will also be awarded for the top team and individual. Lowell Community Wellness is looking forward to a great summer!



June 12, 2010

Wittenbach Wege Center

Meet at the nature center at 8am, and we will hike through the wilderness!

July 17, 2010

Construction Route in Lowell

Meet at 8am by the Chamber of Commerce, and we will make our way through the streets of Lowell!

August 28, 2010—Fallasburg Park

Starting at the main building at Fallasburg Park we will make our way around the area! 8am start time!

Registration Sites

Registration begins early May!

Engelhardt Library in Lowell

Lowell City Hall

Kent District Library in Alto



Lowell Community Wellness

“Inspiring and educating the Greater Lowell Community to attain a healthier lifestyle”

www.lowellcommunitywellness.org