## 100 Mile Challenge To Feed Our Hungry Neighbors

## Background

The National Center for Safe Routes to School has been working for more than two decades to create safe conditions for walkable neighborhoods, to promote children's sense of confidence and to create a better quality of life.

## Guidelines

1. Identify your local food bank that works hard to feed and care for your neighbors in need.
2. Select and measure a few courses of different lengths in your neighborhood that you like to walk/run.
3. Reach out to friends, family and neighbors to sponsor you in your effort. Invite sponsors to donate $\$ 1$ for every mile you walk/run by April 1, 2021.
4. Log these sponsors on your chart. (chart follows below)
5. When you walk/run a measured course, record the date and length. (chart follows on second page)
6. Record your miles anytime before April 1, 2021 (no fooling!).
7. When you reach your 100 mile goal, politely and joyfully collect from your sponsors.
8. Finally, make your $\$ 100$ donation to your local foodbank and be proud of what you accomplished to lift up others! Thank you!

You don't need to limit your distance to 100 miles!
Go for the gold and seek sponsorship for as far as you can go. Enjoy!

## Sponsors

| Date | Sponsor Name | Sponsorship Amount | \$ Collected? |
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