

THE BLOOMSDAY ROADRUNNERS CLUB PRESENTS STRIDES OF MARCH

Want a new way to record your running? Need a little extra motivation to get out the door? Heard about the "50 States Club" for marathoners, but have no interest in running a Marathon? THIS PROGRAM IS FOR YOU!

Our purpose is to encourage an ongoing commitment to fitness and running. For current club members, it costs nothing to join this program. If you are not a club member and wish to do the Strides of March, please join the club and maintain your membership.

- 1. Choose a state to run or walk across.** If you're new to running, select New Jersey (72 miles), or if you're a seasoned runner, try a larger state like Texas (661 miles)
- 2. Vary the duration and intensity of your runs or walks.** Some days go easy or short, other days push harder or go a longer distance. Seek out a friend or group of friends to run with. Think about it; you can all be running through a different state at the same time.
- 3. Make the trip interesting.** If you're running across Colorado, try running hills, hiking or running Dishman Hills, Tower Mountain, Mt. Spokane, or any other crazy mountain challenge. If you're running Hawaii, circle around Medical Lake, or run along Lake Coeur d'Alene, or even on the beach. You'll have to imagine the palm trees, however.
- 4. Keep track of your miles on a calendar or in your running log.**
- 5. Run as many states as you like.** Your accumulated State miles count toward the **Coast to Coast** run of 2,775 miles. After that you complete **all 50 states**, for 13,548 miles. Your final achievement is **Around the World** in 24,902 miles. As you complete each of these 3 stages, you earn an award.
- 6. Register today by completing and mailing in the form below, and start your journey.** Program periods are March 1st through August 31, and September 1st through February 28 (29). Or if you prefer, go January 1st through June 30, and July 1st through December 31. Just keep to a twice a year schedule to report your completed states.

Once you are registered, start tracking your miles. Twice a year at 6 month intervals return the completion form with your newly completed States circled. You will then receive your map (first time only), footprints to mark each completed state, and a certificate. Then start on your next 6 month journey toward **Coast to Coast, All 50 States, and Around the World.**

Mail the form below to: BRRRC, 13120 E. Saltese Road, Spokane Valley, WA 99216 or email the info to jswanson509@msn.com. Questions: Call Gunhild Swanson at 509.928.5272

STRIDES OF MARCH REGISTRATION

Name _____

Address _____ City _____

State _____ Zip _____ Phone _____

e-mail _____