

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? **THIS PROGRAM IS FOR YOU!** Run across all 50 States just by keeping track of your regular running or walking miles.

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.** Lace up your shoes, head out the door, and picture yourself running in your chosen State.
- 2. Make the trip interesting.** Run hilly roads if you're doing a mountainous state. Run flats if you're in Kansas. Run Florida in the winter and Alaska in the summer. Run Hawaii along Coeur d'Alene Lake City beach in the sand. Let your imagination take you all over the U.S.
- 3. Keep track of your miles on a calendar or in your running log.**
- 4. 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.
- 5. Register today.** Complete and detach the registration form below and mail it to:

**BRRRC Strides of March
13120 E Saltese Ave
Spokane WA 99216**

Or email the info to jswanson509@msn.com.

Once you are registered, visit **Strides of March** on the **BRRRC.net** website and print a States completion form and a 6-month log sheet if you need it. Start tracking your miles. Twice a year submit the completion form with your newly completed States circled, or email the information. You will then receive your map (first time only), footprints to mark each completed state, and a certificate. Then continue your next 6 month journey toward **Coast to Coast, All 50 States, and Around the World**. Member progress is updated and posted on the website.

Questions: Call Gunhild Swanson at 509.928.5272, or send an email to jswanson509@msn.com.

STRIDES OF MARCH REGISTRATION

Name _____

Address _____ City _____

State _____ Zip _____ Phone _____

e-mail _____