

STRIDES OF MARCH

**Coast to Coast 2,775 miles - all 50 States 13,548 miles
Around the World 24,902 miles**

STATE	Miles	STATE	Miles	STATE	Miles
Alabama	195	Louisiana	177	Ohio	225
Alaska	858	Maine	198	Oklahoma	305
Arizona	315	Maryland	215	Oregon	358
Arkansas	227	Massachusetts	125	Pennsylvania	286
California	247	Michigan	185	Rhode Island	27
Colorado	371	Minnesota	273	South Carolina	207
Connecticut	80	Mississippi	159	South Dakota	379
Delaware	36	Missouri	295	Tennessee	439
Florida	138	Montana	546	Texas	661
Georgia	227	Nebraska	400	Utah	267
Hawaii	75	Nevada	317	Vermont	81
Idaho	302	New Hampshire	76	Virginia	340
Illinois	212	New Jersey	72	Washington	335
Indiana	139	New Mexico	340	West Virginia	149
Iowa	310	New York	285	Wisconsin	254
Kansas	390	North Carolina	396	Wyoming	348
Kentucky	351	North Dakota	355		

Thank you for participating in the STRIDES OF MARCH program. Please use this form to report the states and miles you completed.

PROGRAM PERIOD:

January 1 through June 30
July 1 through December 31
January 1 through December 31

TIME TO SUBMIT YOUR REPORT:

no later than July 15
no later than January 15
no later than January 15

Circle the state(s) you ran or walked across, circle the program period you completed, fill in the information below, and send to:

BRRRC c/o Gunhild Swanson
13120 E. Saltese Road
Spokane Valley, WA 99216

Or email the information to jswanson509@msn.com

Questions: Call Gunhild at 509) 928-5272, or e-mail at jswanson509@msn.com

I completed the states/miles marked above. I am continuing with the program_____.

Name_____Phone_____

Address_____

City_____State_____Zip Code_____

e-mail:_____

