

ALL AGES

# 100 MILES 100 DAYS



Extension  
University of Missouri

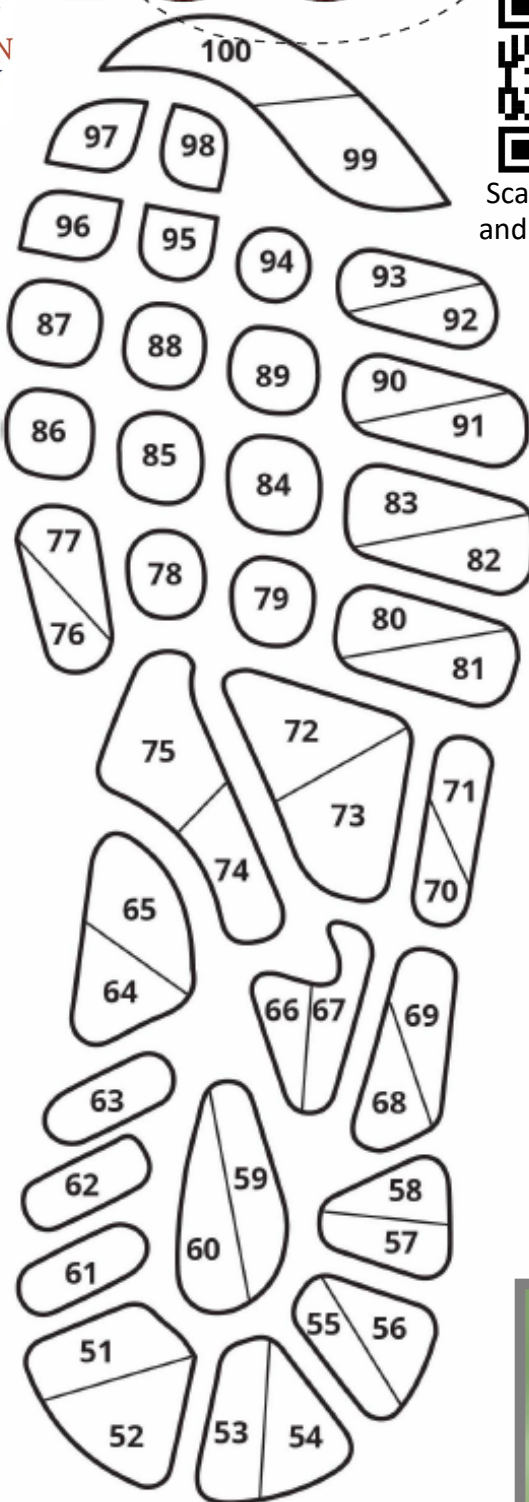
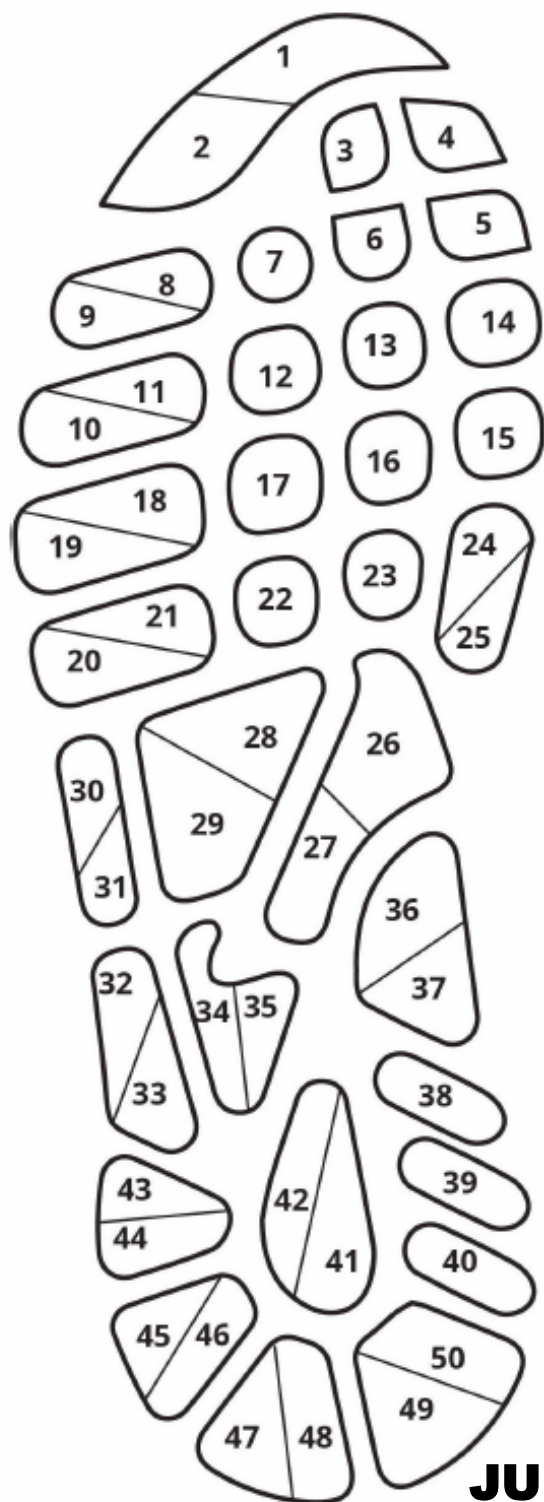


WASHINGTON  
PUBLIC LIBRARY

Scenic Regional Library  
*read, explore, grow*



Scan to register  
and track online



**JUNE 16 to SEPTEMBER 23**



Color in a section for every 20 minutes you exercise. When they are all filled in, bring it back to your local library for a free water bottle and a chance to win a FitBit Charge 6!