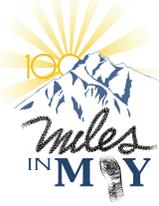


# 100 Miles In May

# THE CHALLENGE

Join us for the 100 Miles in May Challenge! 100 Miles in May is an excellent opportunity to build camaraderie and engage in healthy, fun competition with friends, family, or co-workers, while at the same time supporting an important cause. You are also welcome to build your own team or just go solo! Please email Healthy Futures at [info@healthyfuturesak.org](mailto:info@healthyfuturesak.org) if you have any questions.



## IT'S EASY!

- 1.** **Create a team** or **register as an individual** @ [100miles.healthyfuturesak.org](http://100miles.healthyfuturesak.org).
- 2.** **Decide your pledge amount.** Pledge a donation to Healthy Futures for every mile logged. Participants can cap this amount or just choose a flat amount.
- 3.** **Log your activities** on the interactive website and see them convert to running/walking mileage equivalent!
- 4.** Track your progress and your team's progress **in real-time** on the individual and team leaderboards!

## BENEFITS & PRIZES

All participating organizations will be **recognized on the Healthy Futures website** with organizational logos.

Top participating businesses (based on **average miles per participant**) within each industry will be **profiled** on the Healthy Futures website and social media.

The top overall contributing business will receive a **guest visit from an Alaskan celebrity athlete**, and those completing 100 or more miles in May with the winning company will get a Healthy Futures/100MM T-shirt.

Participants from the top, contributing, non-business team with 100 or more miles will also win **Healthy Futures t-shirts**.

The top five overall individuals (based on total miles) will win a **Healthy Futures hoodie** for the most miles in May.



## ABOUT HEALTHY FUTURES & 100 MILES IN MAY



Healthy Futures is the signature program of the Alaska Sports Hall of Fame. Healthy Futures was founded in 2003 by the late Bonny Sosa Young and her husband Sam Young, two parents concerned with the growing obesity epidemic in Alaska. Now, more than a decade later, over 20,000 Alaskan youth from over 200 schools statewide participate in Healthy Futures through two core programs: the Healthy Futures Challenge and community supported events

100 Miles in May is the inspiration of R&M Consultants, Inc.. In 2010, to support a connection in the military, an employee invited other R&M employees to log 100 miles in the month of May. In 2013, R&M decided to expand their concern with employee wellness to support a charitable cause. R&M challenged other firms within the A/E/C industry to join them in this challenge and raise money for Healthy Futures. In the first year, 11 organizations participated, logging more than 28,000 miles and raising nearly \$6,000 for Healthy Futures and a great tradition was established!