

100 MILE CHALLENGE

(AUGUST 2021)



WILLIAMS
INTEGRACARE
CLINIC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 MILES 1	2 MILES 2	3 MILES 3	4 MILES 4	3 MILES 5	2 MILES 6	4 MILES 7
3 MILES 8	3 MILES 9	3 MILES 10	4 MILES 11	3 MILES 12	3 MILES 13	4 MILES 14
2 MILES 15	3 MILES 16	4 MILES (OVER 50 MILES) 17	3 MILES 18	3 MILES 19	2 MILES 20	5 MILES 21
3 MILES 22	3 MILES 23	3 MILES 24	5 MILES 25	3 MILES 26	2 MILES 27	5 MILES 28
3 MILES 29	4 MILES 30	3 MILES 31				
		100 MILES!				