

100 MILE CHALLENGE

(OCTOBER 2023)



WILLIAMS
INTEGRACARE
CLINIC

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