

DIRTY 200



A Year-long Challenge

The Dirty 200 is a simple Challenge. Walk 200 miles outdoors in a Year. We call it the dirty 200 because your shoes are bound to get dirty from all those outside miles. Many of us use the [alltrails app](#) to track our miles, it's a free app and it's user friendly. You will earn a cool patch for joining the challenge. It's not easy but it's very doable. If you can average just over half a mile a day, you will get to 200 miles. Feel free to share this flyer with others.

We have a [facebook page](#) where we give our mileage updates and post pictures of the places we visit. Any questions email Isaac at iblair@jeffco.net

Earn a cool patch
by reaching 200

Join the facebook
page

Getting outside is
good for you

A healthy and fun
activity

Will you accept
the challenge?

**YOU CANNOT USE
DISTANCES WALKED
IN STORES OR DOING
CHORES ETC. THE
TRACKED ACTIVITY
MUST BE WALKING AT
LEAST ¼ MILE.**