



## CENTRAL STATES DISTRICT OF THE AMERICAN TURNERS

### MILE HIGH FOR LIFE MARATHON

**WALKING**

**TREADMILL**

**SWIMMING**

**JOGGING**

**BIKING**

**Level 1 - 100 miles** Award- free **District Tee Shirt**

Work at your own pace, whichever exercise you choose, there is no time limit to complete your miles.

You simply go to web site: [www.centralstatesturners.org](http://www.centralstatesturners.org) and download your participation form and start exercising. You keep track of your own progress, once you have completed your Level 1 (100 miles), mail in your completed registration form.

*Individual awards will be given out at our 2007 District Convention. A special trophy will also be awarded for the Society with the most participants.*

Once you have completed the 100 miles required by Level 1, you are then eligible to join the **Mile High for Life Club**. The cost to join is only \$20.00 and that is for a LIFETIME membership. As a member of the **Mile High for Life Club** you can work toward more awards and more importantly more **physical fitness**.

**Level 2 – 100 additional miles** Award- free **District Sweatshirt**

**Level 3 – 100 additional miles** Award- free **District golf shirt**.

Any questions concerning this program should be directed to  
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