



Run the States Challenge

If there is one thing I know about runners, it is that we love logging our miles. To see numbers adding up, comparing mileage and data from one month to the next, from one year vs. a previous year...it is quite the thrill to see what we have accomplished!

The Carpet Capital Running Club would like to be a part of that excitement and encourage you along the way to reach your goals in running. Whether or not you ever step foot on a race course or prefer to run trails over the road, here is a challenge for you. It is called the Run the States Challenge!

During the year, log the miles that you have run and submit them monthly or at your convenience at <http://www.carpetcapitalrunningclub.com/run-the-states-challenge-log/> Periodically throughout the year, we will tally the results and you may collect a wristband, recognizing the mileage you have accomplished, at any of our events. Total mileage for the year runs from January 1st to December 31st and must be submitted no later than the first week of January of the following year. (This is so we can get the nifty awards created in time to hand out at our end of year banquet held every January). Everyone 17 and under will be recognized at our Jingle Bell Run we hold in December so mileage would be logged from January 1st through November 30th and submitted no later than the first week of December of the current year.

Run to Disney World (500 Miles) ~ For the kids or kids at heart

Basically we calculated that it is about 500 miles from Dalton, GA to Walt Disney World, FL. So run an average of just over 10 miles per/week throughout the year and you can attain this goal. Note: You don't actually have to run to Disney World. These miles can be logged anywhere ☺

Run to New York City (800 Miles)

You guessed it! Running from Dalton, GA to NYC is right at 800 miles and a great goal to accomplish for the year! This averages just over 15 miles per/week.

Run to Boston (1000 Miles)

Dalton, GA to Boston, MA rounds out to 1000 miles and a lofty goal for the year as that averages just under 20 miles of running per/week.

So lace up those shoes and run those miles!

Run often. Run long. But never outrun your joy of running.
-Julie Isphording

"TO BE MORE TODAY THAN YESTERDAY, THROUGH RUNNING"

