

**THE** Alex's Lemonade Stand Foundation  
**MILLION MILE**



*Fighting childhood cancer, one mile at a time.*

Join the Muscatine Community YMCA Team  the  
**For the Million Mile Challenge**

**How to Sign Up**

Stop by the Muscatine Community YMCA

**Cost to Sign Up**

\$20 (includes t-shirt option)

**Your Challenge**

**From Sept. 1st-30th to log 200 miles on the bike or 125 miles  
Walking/Run or 165 Miles combining biking/running/walking  
Remember all your daily steps count!**

**How to Log Your Miles**

Sign in on-line: -log your own miles manually  
-sync with fitness apps

OR use log-sheet at the YMCA, to have the Togetherhood Group log them

**Contact Amy Hessel at the Y for more information  
(ahessel@muscatiney.org or 263.9996).**

**Stop by the Y to register!**

Nonmembers who register will receive a punch card to use the Y during September to help you complete your challenge!