

COTTLEVILLE



FITNESS CHALLENGE



WALK - JOG - RUN

Summer time fitness challenge!!

- Run, jog or walk a total of 225 miles on Cottleville trails by August 31st, 2023.
- Print or download the tracking sheet at: cityofcottleville.com. Copies are also available in the City Hall lobby.

-At the end of the challenge submit your completed tracking sheets via email to: 225milecottlevillechallenge@gmail.com

-Once received we will enter all those who have completed the 225 mile challenge in a raffle for a chance to win a Carhartt soft pack cooler full of hats, shirts, golf balls, cups, protein bars, handheld water bottle, liquid IV, cooling towels, shampoo, conditioner & much more.

Cottleville TRAIL MAP

Thanks to People's Bank & Trust Co!

Walk, jog, run - 225 Miles in the Months of July through August Challenge

Name :		Address:		Email:		Cell:	
Date	Number Of Miles:	Cottleville Trail Location Warren G Cottle: 0.61 mi. Jim Hennessey: 1.94 mi Scott A Lewis: 0.69 mi. Legacy Park Dardenne North: 1.84 mi. Legacy Park Dardenne South: 2.72 mi Vantage Lake: 0.71 mi. Podhorn Memorial: 0.73 mi Koontz Fort Trail: 0.35 mi. Misc other Cottleville Multi Use Trails					
7/1/2023							
7/2/2023							
7/3/2023							
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7/28/2023							
7/29/2023							
7/30/2023							
7/31/2023							



Walk, jog, run - 225 Miles in the Months of July through August Challenge

Name :

Address:

Email:

Cell:



Date

Number Of Miles:

Cottleville Trail Location

Warren G Cottle: 0.61 mi.

Jim Hennessey: 1.94 mi

Scott A Lewis: 0.69 mi.

Legacy Park Dardenne North: 1.84 mi.

Legacy Park Dardenne South: 2.72 mi

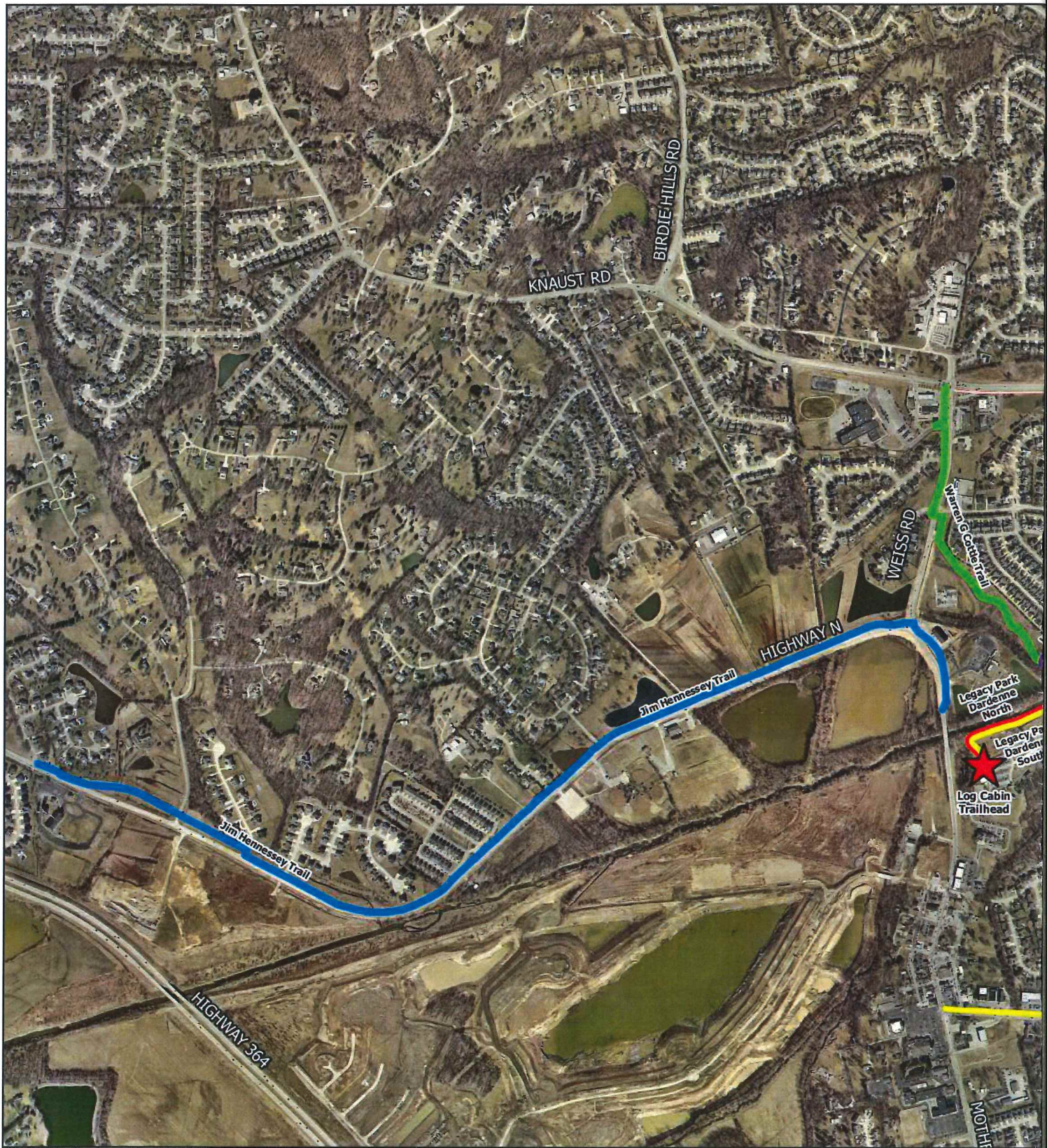
Vantage Lake: 0.71 mi.

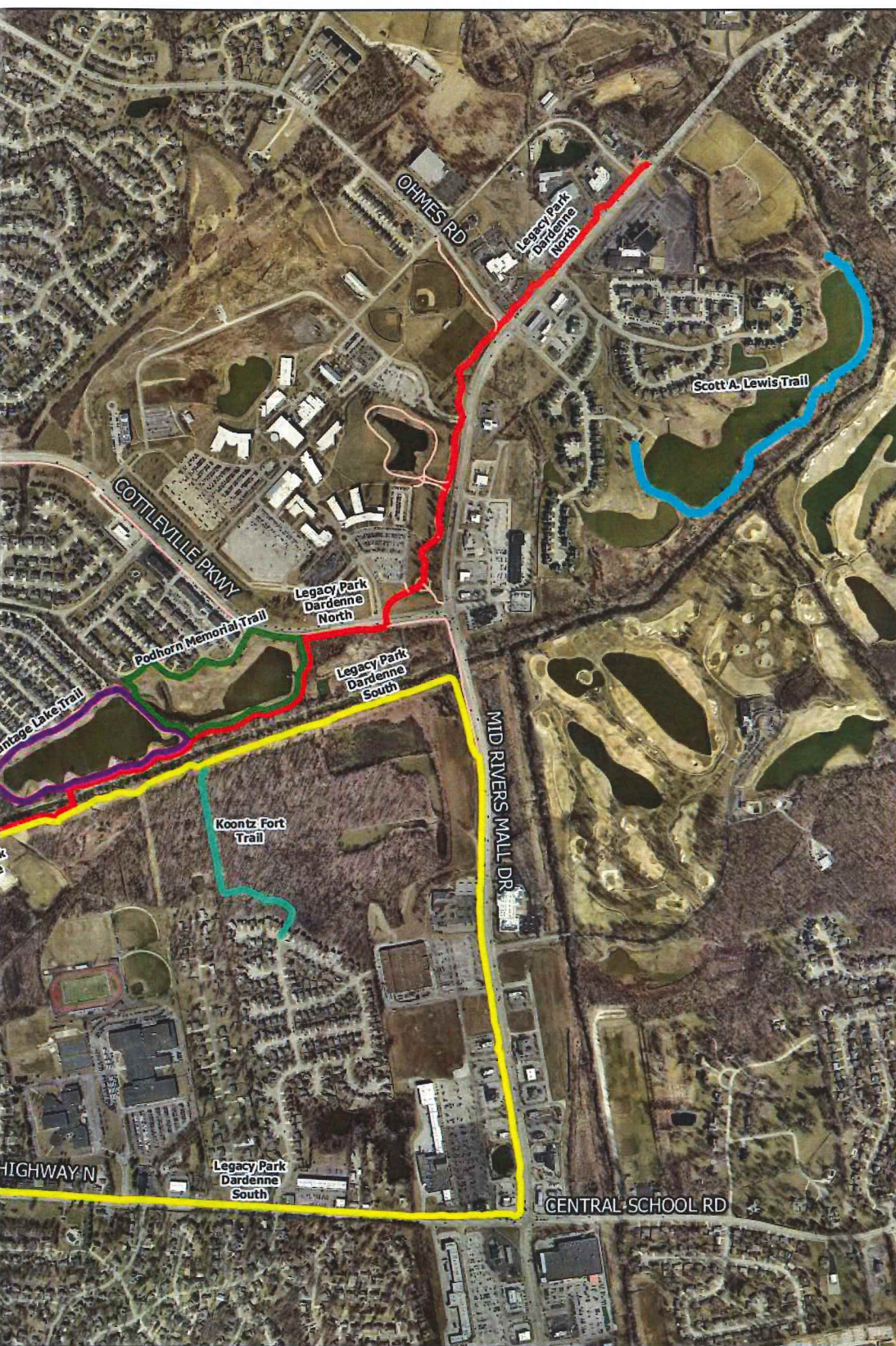
Podhorn Memorial: 0.73 mi

Koontz Fort Trail: 0.35 mi.

Misc other Cottleville Multi Use Trails

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TOTAL =					

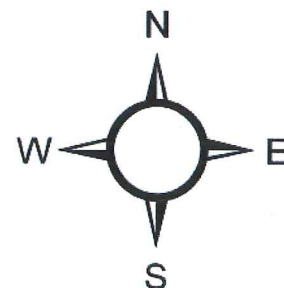




Legend

Trails

- Warren G Cottle (0.61 mi.)
- Jim Hennessey (1.94 mi.)
- Scott A. Lewis (0.69 mi.)
- Legacy Park Dardenne North (1.84 mi.)
- Legacy Park Dardenne South (2.72 mi.)
- Vantage Lake (0.71 mi.)
- Podhorn Memorial (0.73 mi.)
- Koontz Fort Trail (0.35 mi.)
- Multi-Purpose Trail



0 0.07 0.15 0.3 Miles

A scale bar with markings at 0, 0.07, 0.15, and 0.3 miles.