

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

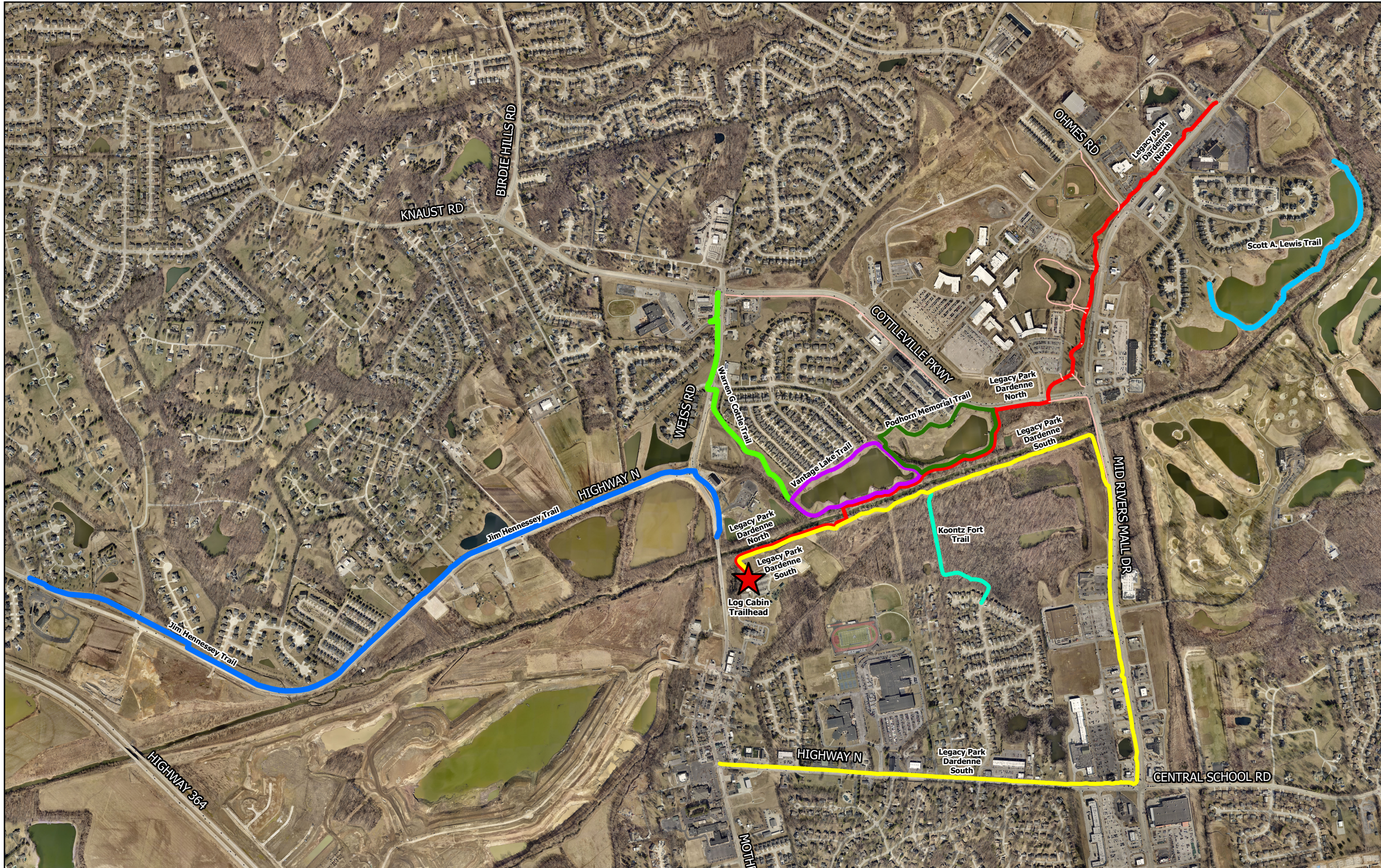
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TOTAL =					

Trails



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

