



# The 100 Missouri Miles Challenge

## About the Program

In 2013, Missouri was awarded “Best Trails State” by American Trails, a national, non-profit organization dedicated to promoting our nation’s outdoor trails.

To celebrate this honor, Gov. Jay Nixon launched the 100 Missouri Miles Challenge, an initiative that encourages Missourians to enjoy the state’s award-winning trails by completing 100 miles of physical activity by the end of the year.

Your organization can be a part of the celebration by signing up and logging your miles!

There are many benefits for taking the Challenge. Not only will you be enjoying award-winning trails, you’ll have a chance to join your co-workers in a physical fitness activity that will make you healthier! It’s a win-win situation!

To get started, just visit [100missourimiles.com](http://100missourimiles.com) and select the “Start the Challenge” button on the home page. The rest is easy, fun and healthy.

The challenge ends at the end of year so don’t wait! Start your journey today!



Got a smart phone? Scan the QR code and go, go GO!



[100MISSOURIMILES.COM](http://100MISSOURIMILES.COM) |  



*Brought to you by:* Department of Insurance, Financial Institutions and Professional Registration, Department of Economic Development, Division of Tourism, Department of Transportation, Department of Health and Senior Services, Department of Natural Resources, Missouri State Parks, Department of Conservation, Strive for Wellbeing, Department of Elementary and Secondary Education, Office of Administration