

MEBANE WALKS

BATTLE OF THE CHURCHES

March 3rd - April 26th, 2012 WALKING CHALLENGE

The Battle of the Churches Walking Challenge is a great way to challenge yourself and your fellow members to live healthy in 2012.

By using a fun and supportive approach, the Battle will help you make positive choices and find new ways to be more physically active.

Battle of the Churches is simple!

Join as a team:

- Create a team of and select a team captain
- Choose a team name and notify your coordinator
- Record your miles on the mileage walking log
- Report your miles to your team captain every two weeks
- Team Captain will report mileage to Coordinator

Join as an individual:

- Notify your coordinator that you'd like to join as an individual
- Record your miles on the mileage walking log
- Report your miles to the Coordinator every two weeks

The church with the highest average miles per person wins!



Join the Challenge

Set a goal! Track your miles! Get healthy!

Who can join?

EVERYONE!

ALL AGES

ALL FITNESS LEVELS

How can I earn more miles?

All walking counts! Walk during your lunch break, take your dog for a walk, park farther away, join Mebane Walks on Tuesday or Thursday at 6:30pm or Saturday at 9am. Start a walking group after church or other group meetings.

How do I get started?

For more information, or to sign up, contact your coordinator:

BATTLE OF THE CHURCHES KICK-OFF

WHEN: Saturday, March 3rd, 9am

WHERE: Mebane Arts and Community Center

WHAT: Join other members of your church for a Mebane Walk led by a Mebane Walks ambassador. Multiple distances are available.

Follow Mebane Walks on Facebook or visit
www.mebanewalks.com