

# 2023 MILES FOR MEMORIES PROGRESS CHART



## MILES FOR MEMORIES MARATHON



September 16 to November 23, 2023

**We're in it for the long haul!** Join us and get moving to support your health, reduce your risk for dementia, and benefit those impacted by dementia in Calhoun County.  
**Vision statement:** Miles for Memories is a grassroots organization of volunteers creating solutions for those impacted by dementia in Calhoun County through movement, programming and research.

Participant Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

September	Distance	Scavenger Hunt
1		
2		
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25		
26		
27		
28		
29		
30		
<b>TOTAL</b>		

October	Distance	Scavenger Hunt
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29		
30		
31		
<b>TOTAL</b>		

November	Distance	Scavenger Hunt
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30		
<b>TOTAL</b>		

### YOU MUST REGISTER WITH MILES FOR MEMORIES FIRST!

Your \$26 commitment can be completed either through the Facebook event or at [milesformemories.org](http://milesformemories.org).

Participants can also order the event shirt for \$15 or their very own Miles for Memories face mask for \$6 through the website.

### MILEAGE AND FINDS ...

Complete 26 miles by November 23 to receive your completion medal. Walk, run, or wog. The choice is yours: pavement, park, trail, or treadmill. (Remember to click **SAVE** to record your progress.)

Use this form to track your miles and your scavenger hunt finds. **Be sure to post photos** of your finds on the Facebook event page.

### WHEN YOUR DONE ...

Complete this form online and hit the submit button to email it by December 5, 2023.

**TOTAL MILES:**

**Or mail to:**  
 Miles for Memories  
 P.O. Box 2257  
 Battle Creek, MI, 49016