

2018  
MOVE FOR  
MOVEMBER

FAST is  
GOOD  
DISTANCE is  
BETTER

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Did you know it only takes three weeks to start or break a habit?

Well we are giving you a month.

30 days to complete the miles. Time to get moving.

Run or walk 60 miles over the month. That's 60 miles for the 60 men lost to suicide each hour, every hour. You don't have to be an ultra-athlete, or own the latest kicks. Move is simpler than that. Hit it fast. Take it slow. Run solo. Join a team. Submit your completed Log Sheet for an IM Champ Shirt!

Name: \_\_\_\_\_

WSU ID Number: \_\_\_\_\_

**Week 1**

MILES MOVED	THURSDAY 11/1	FRIDAY 11/2	SATURDAY 11/3

**Week 2**

MILES MOVED	SUNDAY 11/4	MONDAY 11/5	TUESDAY 11/6	WEDNESDAY 11/7	THURSDAY 11/8	FRIDAY 11/9	SATURDAY 11/10

**Week 3**

MILES MOVED	SUNDAY 11/11	MONDAY 11/12	TUESDAY 11/13	WEDNESDAY 11/14	THURSDAY 11/15	FRIDAY 11/16	SATURDAY 11/17

**Week 4**

MILES MOVED	SUNDAY 11/18	MONDAY 11/19	TUESDAY 11/20	WEDNESDAY 11/21	THURSDAY 11/22	FRIDAY 11/23	SATURDAY 11/24

Week 5

MILES MOVED	SUNDAY 11/25	MONDAY 11/26	TUESDAY 11/27	WEDNESDAY 11/28	THURSDAY 11/29	FRIDAY 11/30

Total Miles: \_\_\_\_\_

Where can I complete these miles?

*Here are just a couple ideas on how you can rack up those miles.*

- SRC Indoor Track: 8 Laps in the outside lane = 1 mile
- Mooberry Outdoor Track: 4 laps in the inside lane = 1 mile
- Hollingberry Field House Track: 8 Laps = 1 mile
- Local running paths: <http://palouseroadrunners.org/join/running-routes/>
- You can also use the treadmills or elliptical machines in the SRC