



# A DAY CHALLENGE

## *The Final Miles*

Join us virtually or in person to run, walk, or roll a 22km march in September, with or without a 22 lb ruck sack, to raise funds for local veterans.

*You can complete all 22km on the 13<sup>th</sup> - OR- do all but the last 3 miles before September 13 and do the final 3 miles with us  
-OR- spread out your march from September 1 to 22, doing as much or as little each day as long as you complete 22 km by September 22, 2025.*

**SEPTEMBER IS SUICIDE AWARENESS MONTH**

**SEPT**  
**13** | 20  
25

**NIPPERSINK PRESERVE**

900 W. BELVIDERE ROAD ■ ROUND LAKE, IL  
REGISTRATION 8AM ■ START 9AM

SCAN  
TO  
SIGN  
UP  
TODAY!

