



TRI MY BEST



Celebrate 10 years of Tri My Best. Complete 10 miles of activity by September 10!

Fun ways to get 10 miles:

- Run, swim or cycle 1 mile for 10 days!
- Go on a nature hike!
- Walk your dog 1 mile a day for 10 days!
- Play a sport and track your miles!



Don't forget to share your progress! Update friends and family on social media or send an email!

Want to share photos or need assistance? Contact Jill Wiethuchter at Jill.Wiethuchter@bjc.org or 314.640.0200.