



# The MTK100

## A SENIOR FITNESS CHALLENGE

*September 14th – November 14<sup>th</sup>*

The challenge is to see if you can cover 100 miles in two months by participating in activities you can easily do. Everyone 50+ can participate. **After you register** keep track of which walks, hikes or exercise classes you do per week and call to let us know. The walks, hikes and exercise classes are listed below. A mileage score has been given to each activity, but **all you have to do is walk, hike and/or take an exercise class! We will keep track of everyone's progress.** You can double up on any of the activities, but keep track, you must let us know specifically what you did to earn the credits. (i.e.; I did the downtown stroll, guided hike and two strength classes). You can bring friends or family with you on your excursions! But please remember to social distance and wear a mask. **At the end of the two month time period participants will be rewarded with a pin for the milestone reached (25, 50, 75 or 100 miles).** No matter what milestone you hit congratulations, you have literally taken steps toward better fitness. We truly hope you continue to include regular exercise in your daily life as well as getting out to enjoy the beauty of Mt. Kisco. *Look for the challenge again spring 2021 with a surprise twist.*

- **Downtown Mount Kisco Shoppers Stroll**- Two times around any Main Street, Moger Avenue, East Hyatt and Green Street Loop. (Stopping to shop is recommended)

- **Leonard Park Sashay** – grab a friend or your favorite music and show the world your best moves or fiercest runway walk. Two times all around the paved surface of the park starting from Route 172 or 117.

- **The Target/Stop n Shop Schlep**- 4 times around Target's main aisles or 4 times around Shop n Stop's main aisles. Or you can split it, two times around each store. (Any additional shopping steps earns a thumbs up!)

- **Any of our aerobic or strength classes** on Optimum Channel 20 or Fios 40 (Mon.-Fri. 10:30am) or anytime on [www.vimeo.com/mountkisco](http://www.vimeo.com/mountkisco)

- **Your Choice** - Any walk or hike you are already enjoying in Mt Kisco (let us know the route details)

- Take a wonderful **Historic Guided Hike** with the Mt. Kisco Historical Society, dates as follows:

*Limited space available, social distancing observed & masks required on all walks, register early.*

A- NYC Water System/Peninsula Wetlands/The "Iron Horse" Gallops to Mt Kisco Walk 9/19, 10/10, 10/31 -park & meet at the Mt. Kisco Village Court House at 10:00am

B- Kisco Mountain, Gilded Age/ Woodlands Hike 9/26, 10/17, 11/7 -park & meet at trail entrance on Mountain Avenue at 10:00am

C- Leonard Park/ Early Settlement River Walk 10/3, 10/24, 11/14 -park & meet at the Tea House in Leonard Park at 10:00am

**To reserve a place on a historic guided walk & or to register for the MTK100**

**Please call or email The Fox Center at 914-666-8766 /kiscoseniors@gmail.com**

