

Invite you to join

The 100 Miles Challenge

October 1 - October 31, 2025

Walk for your health.
Walk for a cause.
Either way, it's a **Good Move.**



The Challenge

Between October 1 and October 31, 2025, KeeleyLife challenges Keeley'ns to prioritize their health by pledging to walk at least 100 miles over the course of the month.

Your Personal Goals

- **Commit to walking 100 miles** during October - that's only about 3 miles a day!
- **Track your miles** your own way! No leaderboard - just use your favorite logging method to track your progress.
 - 🕒 *Submit your completed log of 100 miles or more to mswank@keeleycompanies.com to win awesome KeeleyLife swag!*
- **Stay Motivated!!**
Track your progress to see how far you've gone! When you reach your goal, **you earn a FREE KeeleyLife-logoed Puffy Vest!**

Keeley'n Nation Together

- It's more fun if we're in it together! Challenge other Keeley'ns to help us reach our goal of 12,000 Miles! **Every mile gets us closer!**
- **Consider registering for a KeeleyCares-sponsored walk** or other charity walk - you'll earn an extra day's worth of miles (3 miles!)
- If, as a Keeley'n Nation, we walk or run more than 12,000 miles, **everyone wins Bombas socks!**