

Welcome to the 100 miles in 100 days fitness challenge/online community!

A few gentle “rules for the road” - in no particular order.

1. No political discussion, please. I know that will be a challenge in the weeks ahead - though won't it be lovely to have a place away from it all?
2. Please be respectful of the fact that this is a large group - just as we would if gathered in an in-person small group, please allow time and space for all voices to enter the conversation.
3. As with other small groups, what is said in the group thread stays in the group thread! Confidentiality allows us to share both our triumphs AND our challenges.
4. We are here to encourage one another. While it is ok to share a challenge you may be facing, seeking encouragement, please do try to keep your posts as positive as possible.
5. This is not a competition!
6. You are welcomed and encouraged to set your own personal goal, if something less than or more than 100 miles seems right to you for the 100 days. Or you might consider an activity goal, simply to DO an activity daily, or three times a week. You know what is best for your own fitness level.
7. If you fall off for a few days, for whatever reason - please don't leave - simply come back in and pick up where you left off.
8. If you would like to have individual conversation with someone, please take it to a direct conversation outside of the group - simply to avoid text fatigue for those not part of the conversation.
9. Since this is an all virtual group, please consider adding your picture to your app profile so that we may get to know you and recognize you when we see you out and about. Also, please include your name on the first several texts you post, so that others may set you up in their contacts.

That's it for now!

“Rule for the Road” - 100 mile small group - 9/16/2020
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