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New Program Encourages Falls City Residents to Walk this Summer

(KTNC) - A new challenge is being launched to get Falls City residents moving during the hot summer days ahead, when many people seek the relative comfort of an air conditioned room.

The Falls City Library and Arts Center and Friends of the Library are starting Club 262. The goal is for participants to walk or run 26.2 miles over the months of June and July.

Denise Daake is the president of the Friends of the Library and says the idea is based on the 100-Mile Club, which started in Colorado in 1992. (play audio :38)

Participants track their own miles. Daake has some guidelines for those who walk around Falls City. (play audio :24)

Daake says the focus of the 100 Mile Club is fighting childhood obesity and keeping people active. (play audio :25)

Sign-up for Club 262 begins today (Thursday), at the Falls City Library and Arts Center and continues until June 1st. The cost to sign-up is \$10 per person, which includes a Club 262 T-shirt, or Daake says registration is free if you don't get the T-shirt.

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