

Get Moving For GRI Rules and FAQ

All miles should be completed during June 1 -30.

Miles may be run or walked outside, inside on the treadmill, on street/paved routes, or trails. All recorded running/walking miles count.

Participants should keep their own record of the distance they cover during the month (on an honor system) and submit confirmation of completion to info@curegrin.org to qualify for their certificate of achievement at the end. Suggested apps include Strava, fitbit or GPS trackers or old fashioned pen and paper.

Individuals should cover the distance themselves; Teams can cover the distance between team members.

Entry is open to everyone; no age limits apply.

Participants are responsible for their own (and their children's) safety while doing this challenge and should consider their personal fitness level.