



November 2025

Salem, TN to Asheville, NC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 Mini Challenge Days: Nov 1 Nov 11 Nov 17 Nov 27		31 (October) Day 1 5 Miles	1 Day 2 10 Miles 
2 Day 3 15 Miles	3 Day 4 20 Miles	4 Day 5 25 Miles	5 Day 6 30 Miles	6 Day 7 35 Miles	7 Day 8 40 Miles	8 Day 9 45 Miles
9 Day 10 50 Miles	10 Day 11 55 Miles	11 Day 12 60 Miles 	12 Day 13 65 Miles	13 Day 14 70 Miles	14 Day 15 75 Miles	15 Day 16 80 Miles
16 Day 17 85 Miles	17 Day 18 90 Miles 	18 Day 19 95 Miles	19 Day 20 100 Miles	20 Day 21 105 Miles	21 Day 22 110 Miles	22 Day 23 115 Miles 
23 Day 24 120 Miles	24 Day 25 125 Miles	25 Day 26 130 Miles	26 Day 27 135 Miles	27 Day 28 140 Miles 	28 Day 29 145 Miles	29 Day 30 150 Miles

Destination 310 Miles **Goal = 5 miles/day or 35 miles/week**



December 2025

Salem, TN to Asheville, NC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 (November) Day 31 155 Miles	1 Day 32 160 Miles	2 Day 33 165 Miles	3 Day 34 170 Miles	4 Day 35 175 Miles	5 Day 36 180 Miles	6 Day 37 185 Miles
7 Day 38 190 Miles  William H. Craig	8 Day 39 195 Miles	9 Day 40 200 Miles	10 Day 41 205 Miles	11 Day 42 210 Miles 	12 Day 43 215 Miles	13 Day 44 220 Miles 
14 Day 45 225 Miles	15 Day 46 230 Miles	16 Day 47 235 Miles	17 Day 48 240 Miles	18 Day 49 245 Miles	19 Day 50 250 Miles 	20 Day 51 255 Miles
21 Day 52 260 Miles	22 Day 53 265 Miles	23 Day 54 270 Miles	24 Day 55 275 Miles	25 Day 56 280 Miles	26 Day 57 285 Miles	27 Day 58 290 Miles
28 Day 59 295 Miles	29 Day 60 300 Miles	30 Day 61 305 Miles	31 Day 62 310 Miles 	1 (January) 	 Mini Challenge Days: Dec 11 Dec 13 Dec 19 Dec 31	

Destination 310 Miles Goal = 5 miles/day or 35 miles/week

