


# Bravo to our first “100 MILE CLUB” member!

Cathy has walked more than 200,000 steps (100 miles) in less than a month and earned the title as PCTI’s first “100 Mile Club” member and will be awarded a unique “PCTI RECHARGED” t-shirt.

 **YOU CAN TOO!** Use your handy pedometer and keep track of your steps. The average person, without any effort, walks about 2000 to 3000 steps a day... so by December (or sooner!) you could join Cathy!

**You  
Can Do  
It!**

**Cathy  
Nolan  
#1**



*We also salute Cathy’s charity work . . . She will participate in thr Avon Walk for Breast Cancer which will take place on October 10th and 11th in New York City and the upcoming Crop Walk on October 18th. Cathy says, “It’s a great way to stay fit and help others at the same time.” Congratulations to our first 100 Mile Club member...and let’s offer her our support!*