

## Victory Lap Milestones for Individual Goal-Setting:

- **10 km** – Congrats! You've completed 25 laps around the Emera Oval! Plus you've contributed 10 km to an overall Victory Lap. Keep up the momentum!
- **20 km** – Did you know? You've run/walked the distance between the mainland and Big Tancook Island five times!
- **42.2 km**—Once you've passed this milestone, you've completed a full marathon—just like many of our Hall of Famers, including marathon legend Johnny Miles!
- **56 km** – You have now covered the same distance that the Bluenose had to sail in the famous International Fisherman's Race (30 nautical miles, which equals 55.56km)! You have also completed over 2% of one Victory Lap on your own. That's pretty impressive for a lap that's 2,485 km long!
- **75 km** – You have run/walked the height of Wentworth's ski hill over 300 times now!  
\*This goal is achievable during the Victory Lap time period with just under 2.5 km per day.\*
- **90 km** – You have travelled the distance of the Cobequid Pass twice now! And all by foot!
- **100 km** – This is a big milestone on its own, but it's also the distance between Kejimikujik National Park and the Keji Seaside Adjunct (on the South Shore). Congrats on running/walking so many kilometers!
- **120 km** – You have now run/walked the entire length of the Annapolis River! Pretty impressive! You are also only five km away from having covered 5% of one Victory Lap all by yourself!
- **210 km** – Wow, you have now crossed the Canso Causeway over 150 times (151.62 to be exact)! Did you know Hall of Famer Con Olson ran across the Canso Causeway to mark its official opening in 1955?
- **298 km** – If you can accumulate this impressive total within the month, not only will you be a track star, but you will have also covered the distance of the entire Cabot Trail! Why not add two more km to make it an even 300? \*This goal is achievable during the Victory Lap time period with just under 10 km per day.\*