



Washtenaw Christian 100 Mile Challenge

Purpose: To Encourage Students to commit to healthy living and physical fitness during the summer months

Challenge: Run at least 100 miles during the summer (6/1 – 8/25).

Incentive: Students who successfully run 100 miles during the summer will be recognized at assembly, will earn 100 house points (6th-12th Grade), and will receive a t-shirt & medal for their efforts.

Goal: The main goal is that you run 100 miles, however the larger goal is to encourage fitness. To that end, you are encouraged to set personal goals for pace and distance. If you can run 1 mile at the beginning of the summer, try to build up to running 3 miles at a time by the end of the summer. If you can run a 9 minute mile at the beginning of the summer, try to run an 8 minute mile by the end of the summer.

Guidelines:

1. Track your exact mileage on a calendar/chart. Mapmyrun.com is a great resource.
 - a. Mapmyrun helps to organize your runs, track your mileage, calculate your pace, among other features
2. At the end of each month, calculate your progress and have your parent sign off your calendar/chart. These will be turned in at the beginning of the school year. Alternatively, you may email a PDF of your monthly calendar to Coach Lund at slund@washtenawchristian.org.
3. Tracking is on your honor as the running will be completed individually.
4. Only dedicated running/jogging counts. You may run on a treadmill or on your favorite outdoor path. Running during sporting events, Walking, Hiking, and FitBit Steps do not count towards your 100 miles!
5. Be cautious. Make sure an adult knows when and where you are running AND when you anticipate returning.