

# Washtenaw Christian 100 Mile Challenge

**Purpose:** To Encourage healthy living and physical fitness during the summer months

**Challenge:** Run at least 100 miles during the summer (5/23 – 8/31).

**Incentive:** Students who successfully reach at least the bronze level (100 miles) during the summer will be recognized at assembly and will receive a t-shirt for their efforts.

**Goal:**

Goal	Miles
<b>GOLD</b>	<b>200 Miles</b>
<b>SILVER</b>	<b>150 Miles</b>
<b>BRONZE</b>	<b>100 Miles</b>

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. Try to increase your distance or improve your time throughout 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, submit your progress to Coach Lund each month so standings may be updated. Monthly progress reports due by the 4<sup>th</sup> Day of each month. Standings will be posted on the 5<sup>th</sup> day of each month to the Washtenaw Christian Athletics page on Facebook & Instagram.
  - a. Please submit your calendar or chart through Google Docs OR as a PDF each month to Coach Lund at [slund@washtenawchristian.org](mailto:slund@washtenawchristian.org)

**PLAY HARD.**

**PLAY SMART.**

**PLAY TOGETHER.**

3. Tracking is on your honor since the running will be completed individually.
4. Only dedicated running/jogging counts. If you need to walk for part of a route, that part does not count towards your mileage.
5. 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!
6. *Be cautious. Make sure an adult knows when and where you are running AND when you anticipate returning.*

**PLAY HARD.**

**PLAY SMART.**

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