

Marathon Challenge – Run/Walk 26.2 miles in 20 days.

Don't be scared at the title of this challenge (only ≈ 1.3 miles per day)! You have from Monday, June 3rd through Sunday, June 23rd to complete this challenge. Here are the details. Please read carefully!

1. From 6-3 -6/23, you must complete 26.2 miles on the following equipment at the club: Treadmills, Ellipticals or Precor AMTs (upstairs on side).
2. You can choose your speed (running or walking) **and you do not have to complete all the miles at one time.** You can reach the mileage in any increment you want (i.e. you can do 2 miles a day, or 3 miles one day and 7 another day, etc.) You just have to make sure you get to the total mileage of 26.2 by the end date.
3. You will track your mileage on the log below filling out the indicated information. You will see the Front Desk to initial your sheet after each logging of mileage.
4. Turn in all pages together by 6/23 to the biggest loser box.
5. Each person that completes this will get 10 points for their team.
6. **You can use mileage done outdoors BUT it has to be tracked through MayMyRun, RunKeeper (app on a phone), a Nike run watch, or some kind of GPS tracking device. If you use either of these methods you must turn in a sheet attached showing the mileage. It should show the distance and date on the sheet you print out.**

Your name: _____ Team: _____

Date	Machine <small>(treadmill, elliptical or AMT)</small>	Calories Burned <small>(as indicated on machine)</small>	Time <small>(as indicated on machine)</small>	Distance <small>(as indicated on machine)</small>	Front Desk Initials

Total Mileage: _____ (must be 26.2 or higher)

If you have an injury/condition that makes logging multiple miles difficult, you can substitute the recumbent bikes but you must clear it with Erin first