



50 IN 50 CHALLENGE

Staying active while social distancing!

CHALLENGE SUMMARY

50 miles in 50 days is a virtual at home challenge that can be completed from the location of your choice. Complete the challenge with yourself, your friends, or your family.

NOT A RUNNER?

That's okay! You can walk, run, jog, or follow a workout program of your choice. Workout program minutes are calculated in 15-minute increments.

Workout program calculations look like the following:

15 minutes = .75 miles

30 minutes = 1.5 miles

45 minutes = 2.25 miles

60 minutes = 5 miles

**CHALLENGE DATES:
JUNE 15—AUGUST 4, 2020**

RULES

1. **SIGN-UP AT WWW.COFFEYVILLEREC.COM OR REGISTER IN OFFICE.**
2. **COST \$15.00**
3. **REGISTRATION DEADLINE: JUNE 12, 2020.**
4. **TO RECEIVE A CHANCE AT A T-SHIRT YOU MUST REGISTER BY FRIDAY, JUNE 12, 2020.**
5. **WALK, RUN, JOG OR WORKOUT AT YOUR OWN PACE.**
6. **MILEAGE MUST BE KEPT USING A FITNESS APP OF YOUR CHOICE.**
7. **SUBMIT YOUR LOG BY SUBMITTING A SCREENSHOT OF THE FITNESS APP.**
8. **COMPLETE YOUR 50 IN 50 CHALLENGE TO EARN YOUR T-SHIRT.**
9. **THE CHALLENGE ENDS AUGUST 4, 2020**
10. **SUBMIT YOUR COMPLETE LOG BY 5:00 P.M. ON JULY 21, 2020.**

**SUBMIT SCREENSHOTS TO:
SHELLI STANLEY
CRCSPORT@COFFEYVILLEREC.COM**

