



Flurries n' Fun Winter Challenge

(50, 100, 150 or 200 accumulated miles)



Who: For Anyone and Everyone

What: This is a 7 week challenge to run or walk 50, 100, 150 or 200 miles. You set your goal and log the miles you run/walk. You do not need to pick a distance yet – just get started and see how it goes. You will need to report your miles each week via email and we will keep the totals.

50 miles is about 7 mi. per week, 100 miles is about 14 mi. per week,
150 miles is about 21 mi. per week and 200 miles is about 28 mi. per week



Where: Anywhere and Everywhere – use your regular runs/walks to accumulate miles. We will also coordinate some group events from the store where you can meet up with old friends and meet some new running/walking buddies.



When: The challenge begins on January 1, 2019 and concludes on February 16, 2019.

Why: This challenge is great to:

- *jump start a healthy 2019
- *keep you motivated to exercise through the colder months
- *keep a base level of fitness before you start training for longer spring events



What Do I Get: At the end of the challenge you will receive a long sleeve ¼ zip technical top that will highlight the challenge that you completed (50, 100, 150 or 200 miles). We will have various group runs/walks throughout the challenge. The first one will be a kick off group run/walk on January 1, 2019 at 10am. Information about other group events will be posted later. You are not obligated to participate in group events as part of the challenge, but they will be there for people looking for some company.



Cost: \$30 early bird registration if you sign up by December 24th
\$35 registration fee if you sign up after December 24th
****registration fee is non-refundable and non-transferable*

Charity Donation: A donation will be made to AWSOM Animal Shelter in Stroudsburg and Camp Papillon Animal Shelter in Snydersville with proceeds from this event.





Flurries n' Fun Winter Challenge

(50, 100, 150 or 200 accumulated miles)



With you every step.

Name _____

Street _____

City, State _____

Cell Phone (_____) _____ Age (as of Jan. 1, 2019) _____

Email _____

Circle Shirt Style: Men or Women

Circle Shirt Size: S M LG XL 2XL

Circle Goal Distance *(this may change, but it gives us an idea of how many people are aiming for each distance):*

50 miles 100 miles 150 miles 200 miles

I acknowledge that I am responsible to report my miles weekly. Failure on my part to report my miles may result in the wrong distance being printed on my shirt. Initials: _____

Cost: \$30 if you register by December 24th

 \$35 if you register after December 24th

 Add \$7 if you want your shirt mailed

 Cash or check payable to Ready Set Run

 Registration closes on January 6th

Registration is non-refundable and non-transferable

I know that running/walking is a potentially hazardous activity. I should not enter a program unless I am medically able and have consulted with my physician. I acknowledge that falls, contact with other participants, the effects of weather, the condition of the path and/or road, traffic on the roadway, are all risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my being accepted into Ready Set Run's Winter Challenge, I, for myself and anyone entitled to act on my behalf, waive and release Ready Set Run, City of Stroudsburg, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Winter Challenge even though that liability may arise out of negligence on the persons named in this waiver. I consent to the taking and public use of any photographic or audiovisual images by persons selected by Ready Set Run and waive any right that I may have to copyright, inspect or approve the final project.

Print Name _____ Signature: _____ Date: _____

FOR ADDITIONAL INFORMATION VISIT:

Ready Set Run

431 Main Street, Stroudsburg, PA 18360

570-424-6431—RSR1@ptd.net—www.readysetrunpoconos.com

Follow us on Facebook: Ready Set Run