

Item	Running	Points
1	Sunrise photo during or after your run.	1
2	Sunset photo during or after your run.	1
3	Selfie of you sweaty and smiling after a run.	1
4	Reach your fundraising goal Each teammate can do this! :)	10
5	A 5k without leaving your house or yard.	2
6	Run at least mile 1 each day for the entire fundraiser.	30
7	Create your own speed interval workout	4
8	Complete a mile at someone else's home or property.	2
9	Go for a 2-4 mile run when it is dark outside.	3
10	Complete a 1-3 mile run at midnight	3
11	Run at a park in the town you live solo.	2
12	Run at a park in the town you live in with your kids, spouse or pet.	3
13	Set up a mock 1-5k mile race in your neighborhood. Minimum of 3 participants, can be teammates	10
14	+1 points for each mile marker	
15	+3 points for a finish line	
16	Go for a run in your town during the day wearing ALL of your safety gear. You better be GLOWING. Minimum 2 miles.	4
17	Complete a quarter mile while playing games with your kids or dog.	3
18	Race one of your kids as far as you want and let them win.	3
19	Race a neighbor kid and let them win	2
20	Race you kid and YOU WIN.	4
21	Speed work: Complete a mile where each .1 miles you go faster.	3
22	Speed work: Complete a 30:30. Normal pace for 30 seconds, faster pace for 30 seconds. Go until 30 minutes pass	6
23	Go for a nice relaxing walk solo, with friends, with the family, or by walking the dog	3
24	Can be completed by each team member once.	
25	Upload a 1.49 mile run EXACTLY. Feels awkward doesn't it.	2
26	Complete a 1 mile run inside. Cannot be on stationary equipment.	2
27	Complete a 2 mile run while live streaming the entire run	4
28	Run/walk a quarter mile while giving someone a piggy back ride.	4
29	Look awkward and run a half mile running backyards	3
30	Casual or intense beer mile	5
31	Run/walk any distance and complete a strava or garmin drawing from your route	5

32	Go on a 1-3 mile run and get covered in mud at least up to your knees.	3
33	Finish at least a mile with 5 other people.	5
34	Race someone on a bike for at least a quarter mile	3
35	Run a 5k on a track.	4
36	Run with someone new	3
37	Run/walk with someone that has never run before	3
38	In one day, complete three 5k runs in different towns	7
39	Complete a run with at least 300ft of elevation gain.	3
40	Complete a 10k run.	3
41	Complete a half marathon.	5
42	Complete a marathon.	12
43	Try to get your fastest mile.	2
44	Complete a run and do not tell social media about it. 😊	2
45	Run at least 4 miles to a friend's house and tell them all the wonderful things about them.	6
46	Complete at least a mile with your entire team	10
47	Runners Streak! Complete at least 1 running objective for 7 days.	10
48	Go for a run while its raining, snowing, or hailing.	4
49	Complete a .5 mile run while talking out loud the entire time. Like LOUD, BE HEARD.	5
50	Complete a .5 mile run while singing "I Want It That Way" by the BackStreet Boys	10
51	Take your dog or a neighbor's dog for the best walk ever. Make it special, long, and full of treats.	8
52	Go for a 5k run with a completely new playlist. Share your playlist with social media.	3
53	Complete a 5k with no music :O	3
54	Complete a 5k run/walk/trek with a 20lb weighted vest.	5
55	Go for at least a 5k run with two different shoes on.	3
56	Complete .25 miles in high heels.	7
57	Play catch with someone and complete a .25 mile run while it.	5
58	Go for a run to a park, sit on a bench and reflect on life.	5
59	Complete at least a 5k run in a Halloween costume.	5
RECOVERY		
60	ICE BATH!! Get it as cold as possible. Submerge for as long as you can.	7
61	Foam roll session! Complete a 15-minute foam roll recovery session.	9
62	Added points for each team member that joins you. They can join virtual.	1/teammate

63	Complete a 15–25 minute stretching routine for recovery.	9
64	Added points for each team member that joins you. They can join virtual.	1/teammate
65	Complete a 15-25 minute yoga routine	9
66	Added points for each team member that join you. They can join virtual.	1/teammate
The Hard Stuff		
67	complete more then 10 goals in one day. One person.	13
68	complete 2 miles every hour for 12 hours.	18
69	complete 1 mile every hour for 24 hours.	30
70	complete a half marathon starting at midnight.	10
71	Complete a trail half marathon starting at midnight.	12
72	complete 25 miles by doing 5 miles in 5 different towns. Have to be linked can't drive to a new town	20
73	Complete 20 miles by doing 10 miles in 2 different parks. Have to be linked can't use transportation to a new park.	15
74	complete a 30 mile relay as a team. Each person switches each mile.	20
75	complete 10 miles. In between each mile do 30 burpees.	18
76	go for it. Complete a 50 miler.	25
77	full send, 100 miler have a fun run.	50
78	complete a run/walk in road or trail greater then 30 miles. But you can not resupply. Purify water, pack food	20
79	run a marathon on a track. Each mile must be in the opposite direction.	18
80	run every trail in a park. (Min 20 miles) must include 2 different trails	19
81	run every road in a town (min 20 miles)	25
82	complete a run or climb with 20,000ft of elevation.	20
83	complete a half marathon by doing the same .1-.25mile loop.	15
84	lead a group run of 3 people+ not on your team for a run 10 miles are more.	10
85	speed test: start at a 12:30 minute mile. Every mile needs to be 30 seconds faster until 8 minute mile	18
86	Compelte a 5k every day for 30 days	30
87	complete a half marathon but only consume food and liquids you would usually never drink during a run.	17
The Trail Stuff		
88	Complete a 5k on trails	4
89	Complete a 10k on trails	6
90	Complete a half marathon on trails	10
91	Complete a marathon on trails.	12
92	Get covered in mud up to your knees!	3

93	Get covered in mud, head to toe...	6
94	Collect an entire color spectrum of leaves. Green, red, yellow, brown!	5
95	Complete a 5k with someone brand new to trail running.	4
96	Complete 500ft of elevation gain.	3
97	Complete 1000ft of elevation gain.	4
98	Complete 2000ft of elevation gain.	5
99	Get a fun video of you bombing the biggest hill you can find. Please do not fall.	3
100	Go running in as much gear you have.	5
101	Complete a route that completely crosses an entire park. (min 5 miles)	4
102	Get a picture with a random stranger while on at least a 5k run.	4
103	Complete a river crossing on a 5k run. Water must be ankle deep.	4
104	Lay down in a river crossing on at least a 5k run.	6
105	Complete at least a 5-mile run with no plan, take brand new trails. Get lost, have fun with it and explore.	5
106	Complete at least a 5k and get caught behind a large group of hikers and blend in without them noticing.	4
107	Get a photo with someone you scared while trying to pass them.	8
108	Complete a 5k run but only on a switch back.	6
109	Introduce a newbie to trail running with a minimum 2-mile run.	3
110	Start a trail party, get a group of at least 3 people to go on a trail run. Can be people on your team.	6
Volunteering (Acts of Kindness)		
111	Volunteer at a local race for any time frame.	8
112	Volunteer at a local race from set up to pack up (Start to Finish)	15
113	Volunteer for your local running group to lead a recovery/foam rolling recovery social session.	10
114	Go plogging at your favorite running location for at least a 5k. (Picking up trash while you run).	10
115	Donate any slightly used running shoes or gear you no longer use. (Most running stores have programs for this.)	6
116	Reach out to a friend that's injured and see how their recovery is going.	5
117	Randomly facetime a running friend not on your team and say how proud you are of them.	7
118	Call or Facetime a friend who just completed a race and congratulate them.	5
119	Give Kim Levinsky a hug or a random message and tell her how proud you are for her.	4
120	Go cheer for a friend at their next race or long-distance training run.	10
121	Create our own finish line with ribbon and surprise people on their daily run.	10
122	Create an aid station at your favorite park and surprise runners with delicious snacks and help.	15
123	Be a photographer. Take photos for a friend that is on their run and give them some new Instagram content	10

124	Post on social media your favorite tips you have learned as a runner that you want others to know about.	6
125	Who was that one person that mentored you through your running career? Give them a thank you phone call or Facetime.	5
	Cycling (will not count if you are not wearing a helmet)	
	Go For a 5 mile bike ride. Nothing crazy, a nice relaxed ride.	2
	What about going for a 15 mile bike ride?	4
	Still to easy, lets see you crush a 30 mile bike ride.	8
	50 miles bike ride?	12
	Alright fine, go for a 100 mile bike ride. I hope your butt isn't sore.	28
	Complete your own strava or GPS drawing while on a bike. Any distance.	7
	Create a route that completely goes across the town you live in.	8
	Complete a bike route that is the entire perimeter of the town you live in.	10
	Cycle 5 miles, three separate times throughout the day.	8
	Complete 5 miles every hour for 10 hours.	15
	Bring a bluetooth speaker and BLAST music for two miles. (share your playlist)	5
	Create your own little bike aid station with a pump, tools for repairs, and offer your help to anyone.	10
	Get a bike gang going. Have at least 3 people go for a bike ride including yourself.	9
	Bike 10 miles to your favorite brunch, coffee shop, or spot and back!!	10
	Find a skateboarder, long boarder, or someone on wheels and let them grab on to your bike and give them a boost	8
	Find another cyclists and race them. Initiate it. 5 bonus points if you win. 5 more bonus points if it's a random kid.	5
	Teach someone to ride a bike! Need to be able to go 100 yards and come to a stop. Complete a left and right turn.	25
	Go for a bike ride and give a random person a compliment. (if you cat call, I will hurt you)	8
	Bike to the grocery store and pick up enough ingredients for a nice meal for you and that special someone. Or just you.	10
	Bike to somewhere new, a place or neighborhood you have never been to before.	7
	Bike to atleast two well known landmarks in your area.	10
	Go for a night ride, start a 5-10 mile bike ride at night and own the road.	8
	Cover your tires in glow sticks or lights and go for a night ride for at least 5 miles	10
	Bike to a friends place of work and surprise them with a yummy lunch.	10
	Bike to a friends house and surprise them with a hug.	6
	Bike with some friends, your kids, or some randoms and go to a local park	8
	Cycle 5 miles in full winter gear on a sunny day	8
	Complete 5 miles everyday for 1 week	10
	Complete 5 miles everyday for 2 weeks	15

Complete 5 miles everyday for the entire event	20
Ask someone for directions and get a picture with them	5
Find the biggest hill you can and climb it.	5
Find the biggest hill you can and BOMB IT. You are speed	5
Go faster than 20 mph on a straight road	10
Get a small speed workout in. 30 seconds at a chill pace, 30 seconds aggressive pace for a total of 30 minutes	8
Give your bike some tender love and care. Give it a wash, some air, a small tune up and a kiss on the handle bars.	7
Ride your bike in a halloween costume.	5
Sing Miley Cyrus's wrecking ball out loud for at least 30 seconds.	8
Deliver a pizza to some friends or for yourself. Don't drop it :(10
Race someone on an electric bike. Assert your dominance on the pavement. IF they beat you, give them a high five.	8
Intensity, spend your weekend on a bike adventure. Each day complete a 4 hour ride to somewhere new and special.	20
Complete a ride on the app service Zwift (any difficulty)	10
go for a bike ride and bring a plastic bag with you to pick up trash. +5 bonus points for each person that joins you	5
Define your goals, share publically what you want to accomplish while on a bike. Is it speed? Distance? An event?	5
Go for a bike ride that burns 200 calories.	5
go for a bike ride that burns 500 calories.	15
go for a bike ride that burns 1,000 calories.	25
Go for a solo ride to a nice park or area, sit and relax on a bench for 15 minutes, and reflect on life.	10