

The South Nyack Virtual 10 CHALLENGES!

is under way and the first prize drawing will be August 10th!

<http://www.runsignup.com/Race/NY/Congers/SouthNyack10Miler>

Current Active Challenges.

The Challenge is on! Participants are already posting their mileage and submitting entries for the 6 open challenges. The first challenge "Runners Food" is ending soon and the prize drawing will be a 7pm August 10th. All registered participants of the South Nyack 10 Mile Challenge, team members and donors can participate in the challenges. Do not forget to log all your miles and submit them. If you don't have Facebook, no worries send us an email (llbergen@aol.com) and we will post your submission for you.

www.Facebook.com/SouthNyack10M

August 1st - August 8th (Extended until 8/10 – Storm related)

Prize Drawing 7pm August 10th!

RUNNERS FOOD CHALLENGE

Start off the 6 weeks of healthy fun with tips on fueling your body for exercise.

What healthy meal did you eat this week? Was it prepared by you? Post a picture, description, or the recipe below, "Like" the post and share it on your page.

August 1st - August 22nd

WATER SPORTS CHALLENGE

This challenge takes your physical activity on the water!

Take a picture of your participation in any water sports or any kind of water activity and post it on the South Nyack 10 M Facebook page under the Water Sports Challenge post. "Like" the page and share it on your personal page. You can submit multiple entries for each type of activity you accomplish during the duration of the challenge. This will increase your chances of winning the raffle and collecting one of our fabulous prizes. Submitting a picture with multiple participants is fine, just tag them and they will be included.

August 8th - August 22nd

SCHOLAR MILE

The Rockland Road Runner Scholarship has been awarded each year to the student/athletes that excel in running, academics, and community service! The scholarship is funded by the five Rockland Road Runners Races including the South Nyack Virtual 10 Miler. Run a timed mile "Like this post and post your time below to be included in the raffle. Pictures are always welcomed. This is a team Ayako event but she feels generous on her birthday and is opening it up to everyone.

August 8th - August 15th!

TRI SOMETHING

Swim, Bike, or "Brick" and share your Triathlon type training activity here. For every non-running activity or combination of activities you post, you will receive an entry into this challenges raffle. We look forward to seeing your challenge submissions! and don't forget to "Like" the post!

August 8th - August 15th!

TAKE YOUR TAIL TO THE TRAIL

Take your dog out for a walk, or run and take a picture along the way, post your picture below, LIKE the page and share it on your personal Facebook page!

If you don't have a dog that's okay you can make a donation, or take a picture with any pet. It is not too late to sign up or donate at: runsignup.com/Race/Donate/NY/Congers/SouthNyack10Miler

This challenge is a Team Heather event benefiting the Hi-Tor Animal Shelter - but every team is invited to participate and support the cause!

For the Month of August!

SPONSOR APPRECIATION

In order to show our sponsors we appreciate their contribution, we ask you to thank them! Honor any (or all) of our seven fabulous sponsors by sharing what you did to thank them, or by posting a picture or comment below describing your act of gratitude. This challenge will commence August 31st with a raffle for participants. For each sponsor you recognize You will receive an entry into the raffle for each sponsor recognized.

Examples:

- > Write a review on their website/FB page.
- > Take a picture while patronizing their place of business.
- > Send them a Thank You card!
- > Be Creative... any gesture of appreciation counts!

Share your act of gratitude on the South Nyack 10M page by posting the picture or description in the comment section. And "Like" the post.

By participating in the various challenges, you will automatically be entered Into the raffle drawing at the conclusion of that particular challenge. 10 Challenges and 10 chances to win. You must be registered for the South Nyack Virtual 10 Miler or Challenges or have made a donation, to win a prize. Prizes include: Beckerle Lumber Gift Card, David's Bagels Gift Card, New Synergy Salon Gift Certificate, Entry to the Turkey Trot, RRR Membership, Amazon Gift Card, or you can simply ask to have the value of the prize donated to one of our affiliated charities.

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