



COLUMBUS
ROADRUNNERS

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

September Run 100 Miles plus One Challenge

Run 100 miles over the course of the month of September plus after your run do either sit-ups or pushups based on the number of miles for that day.

Examples:

Run 3 miles do 3 sit ups or 3 pushups

Run 5 miles do 5 sit ups or 5 pushups

Run 10 miles do 10 sit ups or 10 pushups

More advanced can challenge yourself by doing both sit-ups & the pushups