

Halloween & Fall Runner's Bingo Card

Head out for a spooky-season of running. See how many bingos you can get - vertically, horizontally, diagonally, 4 corners + center square. Each bingo casts a lot towards a random prize. You could have up to 13 lots cast for random prize winner(s). Get a blackout bingo to have a lot cast for a separate prize drawing.

Be like Dracula: run before sunrise or at least begin your run during the signs of dawn	Run through a tunnel of shadows	Frankenstein Run: create your own	Dead or Undead Run: run out- and-back like you came back from the dead	Build a Monster Ruck: run or ruck with weight
Run with a boo buddy	Trick or Treat Run: run in a costume or on Halloween	Witches Brew: destination run to end with a cider- water break (5- miler at least)	Psycho Run: finish just short of a whole number, ending at .97 or .99	Conquer a haunted hill with 666+ feet of elevation gain
Friday the 13th Run: by Friday, run at least 13 miles for the week	Javelina in Micro: 5 loops run	Help the whole skeleton with 30" of cross training before or after a 1-mile run	Beware werewolves on the full moon run again may occur during dusk	Outrun the zombies by running past a cemetery
Asylum Ward Run: run in a state park	Chilled to the Bone Run through creepy fog or rain	Red Rum Run: a pair of runs with twin or near-twin paces	Salem witch trial: negative splits for 3 miles or risk burning at the stake	Medusa Run: pose with a statue on your run
Twilight: run in the dark of the new moon & may begin during dusk	Legend of Sleepy Hollow: run on a trail	Escape yesterday's pace like a phantom	Run like a mummy unraveling: long run of the week (at least 10k)	Stacked like hay in the loft with a 5-day ladder run streak



The purpose of the bingo game is to challenge you to enjoy moving in the fall. Please enjoy the game. As you can see there are not many distances listed on the run. This is to make one card for everyone but challenge yourself with each square. Don't just run one mile, run 3 miles, 7 miles, 10 miles, etc. Fit it in with your training if you are one in the middle of a training period.

Bingo will consist of 5 consecutive squares across, down, or diagonal, or the 4 corners + the center square.

Blackout Bingo is simply covering all the squares of the card.

You can only claim 1 square per run.

Minimum of a 1-mile run per square, unless the card states a specific mileage, such as the minimum 10k for a long run or the minimum 5-miler. The 5-day ladder streak means that days 2-5 are increasing minimum mile days, but again those are minimum miles, so if you are training for an ultra and need more miles, then do more miles than the minimum.

All entries must be made in the spirit of friendly competition and healthy exercise. Any entries that bypass the rules or intent of the activity will not count.

You can claim multiple squares per day. However, for each additional square, the minimum distance goes up. 1st square = 1 mile minimum, 2nd square = 2 mile minimum, 3rd square = 4 mile minimum, 4th square = 8 mile minimum, and so on.

You must record your runs on the RunSunup page to claim your BINGO squares. For detailed instructions to submit results see the RunSignup page.

If you have questions, feel free to ask in the Facebook group page.

Prizes will be awarded in November by random drawings. There will be drawings for regular bingos and then a separate drawing for blackout bingos.

B1: Be like Dracula by starting your run prior to sunrise or at least during the signs of dawn.

B2: Run with a boo buddy by running with at least one friend

B3: Friday the 13th run is a cumulative run for the week. Claim the square with a run on Friday that takes your total to at least at 13 miles for the week, which would be Monday-Friday, as the week is Monday-Sunday. (Ewww – a twist)

B4: Asylum Ward Run, simply run in a park managed by the state. No strait jacket required.

B5: Twilight run: New moon is October 10th, so run after dark or at least start during dusk.

I1: Run through a tunnel of shadows requires running through a tunnel on route with a picture.

I2: Trick or treat run: another picture in a costume, unless you wait to run on Halloween, so you don't have to wear a costume. Hopefully you will run in costume even on Halloween

I3: Javelina in micro: Javelina Jundred is 5 loops, so complete a run consisting of 5 loops

I4: Chilled to the bone is running in the rain or fog with another picture needed.

I5: Legend of sleepy hollow involves running on a trail. Submit a picture with your results. A real sleepy hollow will involve trees along your path and hopefully a bridge.

N1: Frankenstein run leaves it to your doctor skills and create your run. Be sure to post to share your creation.

N2: Witches brew run is simply a destination run to get a drink, even if it is just a glass of cider. Must be at least 5 miles to your destination.

N3: Help the whole skeleton is at least 30 minutes of cross training prior to or after a run. Cross training is a must in a training program.

N4: Red rum run is the twins coming out. Two days with paces within 13 seconds of each other. Does not have to be same distance. Claim it on the second day.

N5: Escape yesterday's pace like a phantom is an improvement over a previous day's run by more than 13 seconds. Claim it on the second day.

G1: Dead or undead run is a simple out and back. Challenge yourself to come back faster.

G2: Psycho run is challenging you to be odd and stop short of a whole number, such as either 1.97 miles or 1.99 miles. I know it is crazy but don't reach the whole even number.

G3: Beware werewolves on the full moon on October 25th run may start during dusk but include a picture with the moon.

G4: Salem witch trial is a trial of persistence with each mile being faster than the previous mile.

G5: Run like a mummy unraveling is your long run for the week. Must be at least a 10k or 6.2 miles.

O1: Build a monster ruck. Run or ruck with weights. Build those monster muscles. Amount of weight is up to you.

O2: Conquer a haunted hill by completing at least 666 feet of elevation gain.

O3: Outrun the zombies. Run past a cemetery and post a picture.

O4: Medusa run. She turned those who looked upon her to stone. Pose with a statue on your run

O5: Stacked like hay run. Minimum miles is the number of day you are on (Day 1 ≥ 1, 2 ≥ 2, 3 ≥ 3, 4 ≥ 4, & 5 ≥ 5. Claim on day 5.