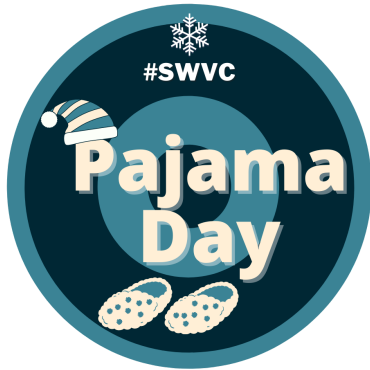




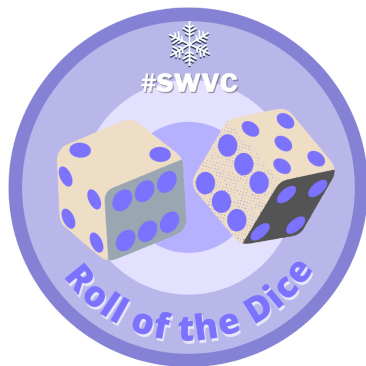
Week 1 Challenges



Pajama Day! It was everyone's favorite day as a child, the day you were allowed to wear your pajamas to school! Or maybe you haven't changed out of your pajamas since the pandemic started and now your pj's are your daily work attire. We aren't judging, we're actually telling you that you can also run in your most comfy pajamas for this challenge! Wake up and head straight out the door for your run, without even changing into your running clothes. Take a selfie and share a picture of your favorite pajamas!



2022 Stairs! What better way is there to ring in the new year than by running 2022 steps!? You may have to really go searching for a lengthy set of steps, or maybe you can just go up and down your basement staircase 120 times.... Regardless, on this run celebrate the great year of 2022 by running 2022 steps! This one will surely serve as your weekly workout. Don't lose count!



Roll of the Dice! It's the first week of the challenge and we're still feeling lucky. Pick a day and let the luck of the roll dictate how many miles you run! If it's double 6's we'll call you extra lucky for more miles, but we also wouldn't blame you for turning it into a 12 "K" run either. This challenge has a special bonus to it, so get ready. Before or after your run, keep that favorite board game out that you borrowed the dice from and play with your family or friends. Snap a picture of your lucky roll, and of you playing that board game!



Week 2 Challenges



Pod Run! Grab your phone and headphones and head out on this run with your favorite podcast! Everyone loves a good podcast and has their favorites to listen to, but do you listen while you run? Give it a try, and snap a screenshot of what podcast you listened to; you might just find your next favorite podcast from someone else in the challenge!



Steal the Segment! Ahh, everyone has that friend on Strava - or maybe it's you! - who goes out and steals all the segments.... now here's your excuse to go segment hunting! There are segments of all kinds; long or short, steep or flat, well known and not, and if you search Strava long enough you'll find the segment that's perfect for you! But be careful, people in this challenge will be watching, and may choose to 'Steal the Segment' right back - make it count!

Click the "explore" tab on Strava and then "segment explore." Search your area for all the segments, or you can also browse your past runs for segments you regularly run. You'd be surprised how many segments are just waiting for you to steal! Don't have Strava and don't know what 'segments' are? Well, you're missing all the fun!



Back to the 80's! Everyone's favorite decade, and the one with the best workout clothing style ever! Were you living your best life in the 80's, were you just barely born in the late 80's like me, or are the 80's just fond stories from your parents' past? Whatever decade you were born in, grab all the spandex you have, find those leg warmers and headbands, mix and match any bright color combination (really, you can't go wrong), and rock the 80's on your next run! You're going to have a TOTALLY AWESOME run on this day. Bonus points for anyone who rocks a mullet or perm. Snap a pic and share your 80's style!



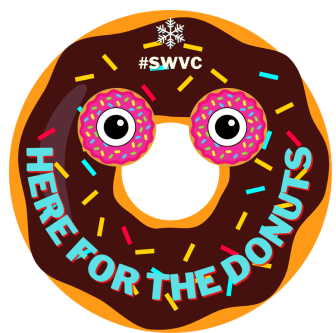
Week 3 Challenges



Etch A Sketch! One of the more fun and creative challenges that's back by popular demand from last year's SWVC. Attempt to draw a design with your running route! This can be a word, a phrase, or a picture; get creative by using streets or a field, or even trails to run your design. For inspiration, check out this site: <https://www.instagram.com/strav.art/>. Once it's uploaded to Strava or Garmin, or whatever running log you use, snap a screenshot and share your creation! This year's Etch A Sketch Badge is inspired by one of our favorite run designs from last year's challenge: a T-Rex, by Ashley Brown.



Daily Double! Drawing inspiration from America's favorite trivia game show, we're gifting you with a Daily Double. If one run a day wasn't enough fun, then run twice! For this challenge go on "a double" - one activity in the morning and one in the evening. If you complete the Daily Double you'll be that much closer to winning the game! Well, maybe you won't be winning big money on Jeopardy, but you'll be that much closer to your mileage goals for the challenge.



Here for the Donuts! An ode to our favorite team name from the past two years of SWVC.... Team Here for the Donuts. And they don't disappoint, with weekend team-runs featuring donuts brought by one of the members, how satisfying! Let's all take a little inspiration from team Here for the Donuts this week and enjoy a donut. Run to your favorite bakery, take in a mid-run treat, and share with us where you went and what you ordered. For this challenge, we won't limit it to a donut, feel free to enjoy any sweet treat or pastry, and change things up this time by running there instead of driving!



Week 4 Challenges



Egg Relay! Every kid's favorite event on Field Day during elementary school, or maybe it's the one that struck fear and made you want to stay home... the "Egg Relay". What's the goal? Run with a spoon while balancing an egg on the end, and hand it off to your teammates. See if you all can run a mile each without the egg falling off and breaking.

If you don't live close to your teammates, or are participating as an individual, make the goal to run a mile on your own with an egg on a spoon. Try to keep a "running motion", even if it's slow, to make it more challenging. Share photos of your broken eggs!



Selfie Scavenger Hunt! A scavenger hunt with selfies and points! On a run this week, take your phone, and snap a photo with you in it along with the follow items, and earn the number of points associated with these items:

- | | |
|---|---------------------------|
| <input type="checkbox"/> A trail sign | 6 points |
| <input type="checkbox"/> A non-domesticated animal | 3 pts (per animal) |
| <input type="checkbox"/> A body of water | 5 pts |
| <input type="checkbox"/> A spooky looking structure | 8 pts |
| <input type="checkbox"/> Mailbox(s) | 3 pts (per mailbox) |
| <input type="checkbox"/> Another runner (a stranger!) | 10 pts |
| <input type="checkbox"/> A feather | 12 pts |
| <input type="checkbox"/> A footprint | 8 points |
| <input type="checkbox"/> Steeple(s) or Spire(s) | 4 pts (per steeple/spire) |
| <input type="checkbox"/> Red car(s) | 3 pts (per red car) |

How many points can you earn on your 'Selfie Scavenger Hunt' run!? Brief rules: you have to be in every photo with the object(s). Items need to be found on one run. When getting multiples they have to be in one photo. You may not get all of them. Post to Strava, Facebook, or Instagram with your point totals! *non-domesticated animals are not pets and not farm animals ;).



5K Trail Time Trial! Time to test out your new year fitness and take it to the trails for a “Time Trial”! A time trial is like a race, but without all the people and race-like atmosphere - it’s a test of your own fitness, that you can measure against a previous and future version of yourself. Choose a 3.1 mile stretch of trail, and run it hard - if it’s a stretch of trail you’ve run often you can see how your time compares, and then after you keep training, you can test yourself again in the future! Go crush it!
