



## Week 1 Challenges



**New Year Run!** The SWVC starts on January 1st, so the first weekly challenge is to get out there and run on New Year's Day! If you really want to spruce up this weekly challenge, start your run as soon as the ball drops at 12:00AM! Kick off your challenge and month right with the New Year Run badge, and share it on Strava or social media, and with everyone else in the event!

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**2024 UP!** It's time to get UP for 2024! Since this challenge includes cumulative vert goals, choose a day during the week to run/hike up 2024 feet of elevation gain in a single activity. You can also complete this challenge by running up 2024 individual stair steps. This is your week's hard workout challenge, so get out there and make the most of the new year by going up 2024 times (feet or steps)! Share a photo of the flight of stairs, hills you run, or your Strava activity when you share this challenge badge.

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**Explore New Trails!** A new year means it's time to make some new year's resolutions and why not start that off by trying new things? For this challenge, find a new trail that you've never been on, and explore it! Visit a state park, state forest, or city park and run a trail for the first time. Take a selfie or picture of the trail you explored and post it to your run. Let us know what you thought about it!