

RUNNING STAY AT HOME CHALLENGE



Season 2

New Mexico Senior Olympics, Inc.

Welcome to SEASON 2 of our free virtual event encouraging seniors to be active while staying home. NMSO is once again offering fourteen (14) individual sport activities, all modified to participate from home. If you are already registered, your registration will work for Season 2! If this is your first time to join, remember to complete and agree to the LIABILITY WAIVER prior to getting started. Season 2 will run May – July 2021. Submit your results monthly to be entered into drawing for a \$100 Gift Card. We encourage you to consult a physician before starting any physical fitness exercise.

RUNNING Monthly Challenge Instructions

Running Challenge is May – July 2021

Log your distance, then submit a total for the month – log sheet provided, or just record on a piece of paper or calendar

Each month do as much as you can and record results – even if it is less or more than the challenge, the challenge is a goal, not a competition

Training resources – please see the Training resources sheet for a 5K Race training schedule and contact information for athletes you can contact for more information/recommendations

First Month	Run 18 miles/month
Second Month	Run 24 miles/month
Third Month	Run 30 miles/month

HOW to get Started and Report RESULTS

- Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
- Participate and log your scores or times for one full month
- Each month submit challenge results virtually via our website at www.nmseniorolympics.org
- **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon
- Results must include name, sport, gender, age, county, month, times and/or scores
*Results are public and will be posted on our website
- All challenges are based on the honor system
- Check NMSO website monthly for results and Gift Card Winner Announcement
- Repeat the following month

Your good health is your greatest wealth. Be safe in everything you do!

