Ultramarathon Challenge Tracking

Participant Name:

Distance			50 Miles
Number of Miles:	Date:	Number of Miles:	Date:

Ultramarathon Challenge Requirements:

Ultramarathon - 50 miles, we could have chosen 100 miles, these super long races are out there, and the distances of 50 or 100 miles are done all at once over many hours of continuous running. We're asking you to complete 50 miles in 30 days. >>>Can also complete mileage at home – this is dedicated exercise mileage, NOT daily miles recorded on a fitness tracker. Mileage on an elliptical, or treadmill are included as well as on land.

Tracking sheets must be submitted to the front desk of the YMCA OR HFM Wellness Center **NO LATER THAN THE CLOSE OF BUSINESS ON WEDNESDAY, MARCH 19, 2020.**

You can purchase 1 month memberships at any or all participating facilities* (HFM Wellness Center, YMCA, Planet Fitness, Strand Adventures) for the bargain of only $10.00 within the 30 day time period of Feb Feb 17th to March 17th. You may earn no more than 1 prize no matter how many challenges you complete, but the fitness level you achieve from completing them all is priceless, right?!

HFM Lean on the Lakeshore