CHALLENGES





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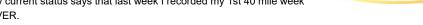
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Going the extra mile for the team

Sunday, July 13, 2014

My current status says that last week I recorded my 1st 40 mile week **FVFR**



This is significant because:

I've been running for nearly 30 years and have never done that before.

I usually cut back in the summer (It's HOT here in the South)

I'm not training for anything (see above sentence)

Yet since July 1st I've been getting outside at 6 am to get a few miles in. When the heat and humidity drive me inside, I finish up at the gym.

I don't need extra cardio. My average 20 - 25 miles a week keep me maintaining nicely especially in the summer when it's so easy for us to canoe or kayak on the lake.

My extra push is to support my team.

I live outside of a small town between 2 cities (population each approx. 70K). Each city regularly runs "challenges" to get people active.

In the current challenge we record our daily mileage running or walking (treadmill OK, elliptical No). Steps in daily activities don't count either.

In a recent article our local paper called our church - "The Runningest Church in Town." So of course, we have a team. I like that we encourage taking care of our bodies as well as our spirits.

You don't have to be on a team to join a challenge, but just like on SP, the effort to improve is easier with the support of friends.

As we enter our miles we can see our individual and team position in the list. Even with my current "high" mileage, I'm at half what the leaders are doing and that's perfectly OK. It's about pushing just a little bit more than you're used to.

This current challenge involves miles, but the last one recorded minutes of exercise.

One member of our team finished that challenge in 2nd place out of 1000 participants.

This is significant because she is 91 years old! Now that's a goal to work toward.

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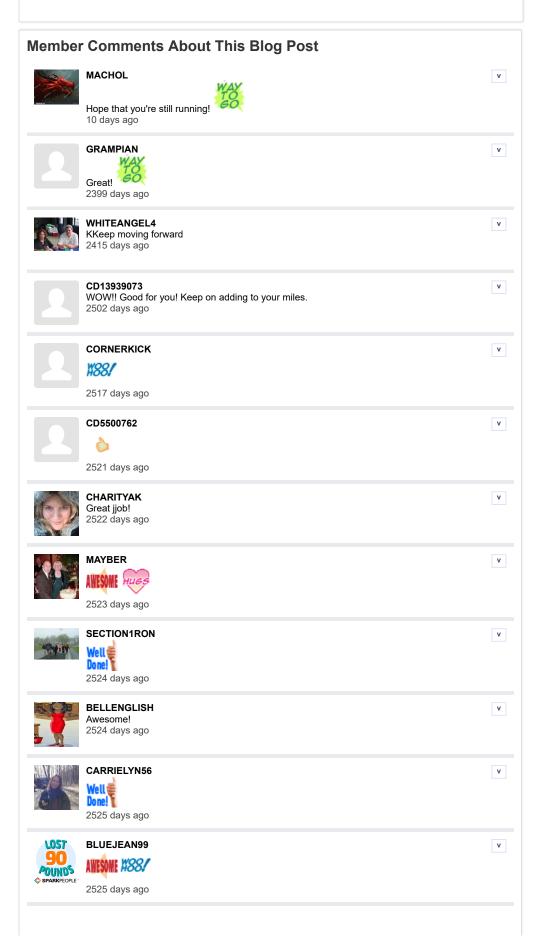
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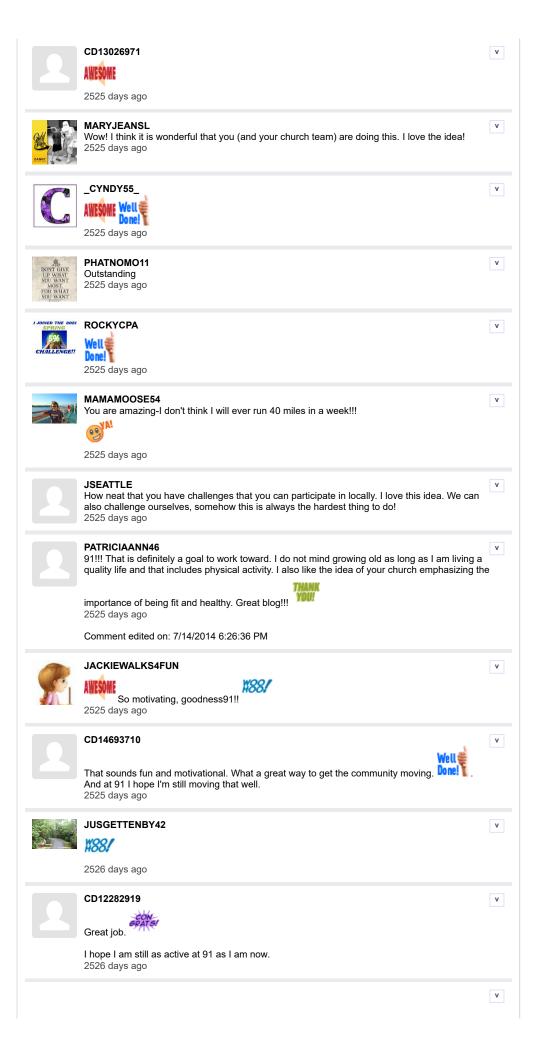
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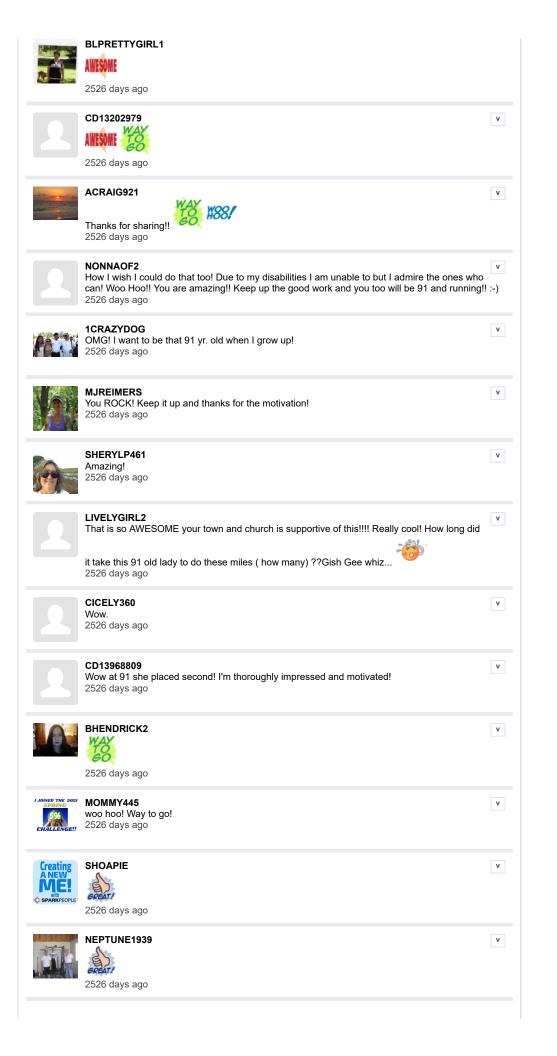
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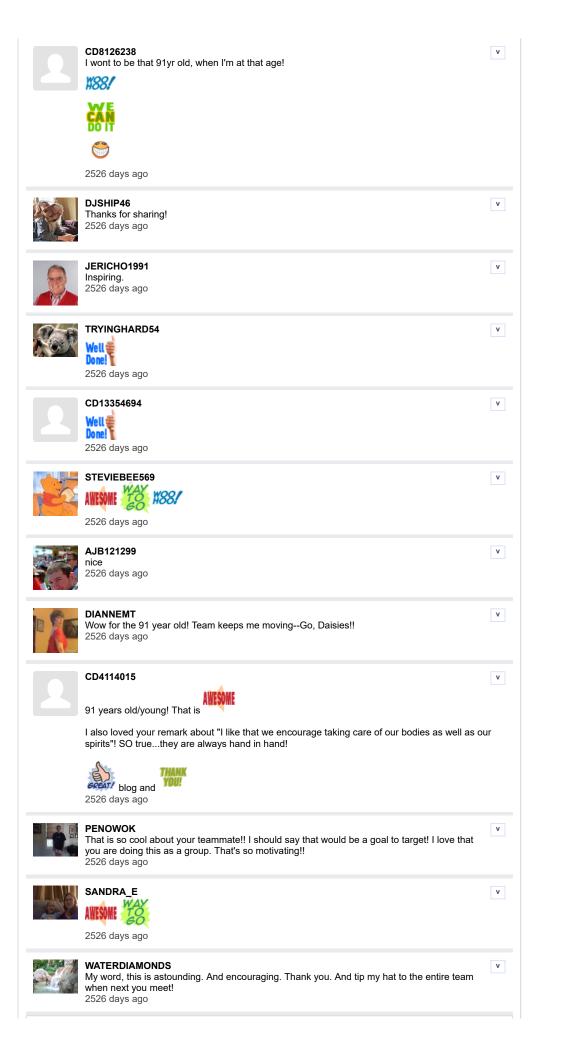
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