

Spring into Summer Mileage Game



What is it? The Spring into Summer Mileage Game is an 8 week challenge designed to encourage you, and your teammate, to welcome the warmer months with energy, motivation, and exercise!

What is the goal: You and a friend will accumulate 200 miles over 8 weeks.

If you want to know what “your share” will be, it breaks down like this:

200 miles over 8 weeks = 12.5 miles per week per person

And just to make sure one person is not “carrying” the team, an individual may not accumulate more than 20 miles per week.

How to you earn miles? Below is a list of various activities and their mileage values.

Walking/Running/Elliptical— 1 mile = 1 game mile

Biking (outside, inside, but NOT Spinning class) - 3 miles = 1 game mile

Swimming—1 mile = 3 game miles

60 min Step, Kickboxing, Zumba, Sr. Fitness = 2 game miles

60 min Strength Training, Yoga, Pilates, Sculpting = 1 game mile (30 min = 1/2 mile)

45 min Spinning Class = 3 game miles

How do you turn in your miles? Record your activity, duration, and miles covered on the weekly tracking sheet. Please make sure you turn in your mileage on a weekly basis so that the team standings can be updated.

What do you earn? The all mighty t-shirt will be given to all those participants whose team reaches the 200 mile goal.

What next? Register!!! Find a buddy, pick a team name, turn in your form, and get ready.

****If you have an activity that is not listed, and you want to know how many miles it can earn you, please contact Jenifer at jeniferpressley@jacksonnc.org.*



The Spring into Summer Mileage Game begins April 22nd!