WCRC Walk/Run Wallace County Challenge

September 19th - October 31st 2022

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_

I am competing as an:

◯ INDIVIDUAL - Entry fee $20

Participating as an individual you will try and walk/run 150 miles throughout the 6 week challenge.

◯ TEAM OF 4 (Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) Entry Fee $75

Participating as a team, your team will try and walk/run 600 miles throughout the 6 week challenge.

Beginning weight: \_\_\_\_\_\_\_\_\_\_\_ 9/19/22

Ending weight: \_\_\_\_\_\_\_\_\_\_\_\_\_ 10/31/22

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| --- | --- |
|  | **WEEKLY TOTAL MILES** |
| 9/19-9/25 |  |
| 9/26-10/2 |  |
| 10/3-10/9 |  |
| 10/10-10/16 |  |
| 10/17-10/23 |  |
| 10/24-10/31 |  |
|  |  |

Every Monday you (individual) or the team captain (team) must report the miles to Nikki, Wallace County Rec Director, @ 785-672-5054