

# WCRC Walk/Run Wallace County Challenge

## September 30 - November 11 2020

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: \_\_\_\_\_ 9/30/20

Ending weight: \_\_\_\_\_ 11/11/20

	WEEKLY TOTAL MILES
9/30-10/7	
10/8-10/14	
10/15-10/21	
10/22-10/28	
10/29-11/4	
11/5-11/11	

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