



MILLBURN Virtual 50K Challenge

(All Ages Invited)

What is a virtual challenge? Can be accomplished at any location, any workout, or any activity you chose at your own pace. **Complete 50K (31 miles) between Saturday, April 25th and Monday, May 25th.** Challenge your family, friends, and neighbors to stay physically active and healthy! Social distancing is required!

Participants can enter actual mileage recorded on personal devices, or use the following equation. Mile/Minute converter for workout videos, walks with the family, leisurely bicycle rides etc.: 15 min=1 mile, 30 Min=2 Miles etc.

This is a competitive activity to see which Millburn group can have the most participants to complete the 50K (students, parents, grandparents living at your residence)

Categories include:

- Kindergarten through 4th Graders in the 5 Millburn School Districts (Deerfield, Glenwood, Hartshorn, South Mountain, Wyoming)
- Middle School Grades 5th-8th (including Washington School Students)
- High School Grades 9th-12th

Rules are simple-

- Be active & HAVE FUN!!!! 😊
- Track your activity on the daily log on next page. Stack up miles by May 25th.
- **Once you reach 50K, send us your log to recreationdept@millburntwp.org**
- When competition is completed, the winning groups will be recognized.
- Email questions to recreationdept@millburntwp.org

