



# Tri-Cities 20k Family Challenge

The walking track and gyms may be closed, but the sidewalks and parks are still open! There is no better way to social distance you or your family than going for a walk around the neighborhood, following along to a workout video, lifting weights, or using your at-home gym and getting rewarded for it!

Join the Community REC Center in the Tri-Cities 20k Family Challenge!  
All ages welcome.



## What is Tri-Cities 20k Family Challenge?

The Tri-Cities 20k Family Challenge is a challenge that can be accomplished from any location and any workout you choose. You can run, walk, jog, follow a workout video, lift weights in your basement, etc. As long as you stay active, you'll complete the challenge!

The rules are simple:

- Sign up [HERE](#) (must sign up each person to receive a medal) for \$7/person.
- Run, walk, jog, or workout on your own time, at your own pace.
- Keep track of each kilometer/minute you are active! Download the running log below and record each distance. (One mile = 1.6 kilometers.)
- Stack up 20 kilometers by May 26th - you can start counting kilometers when you sign up!
- Connect with us and other participants by tagging your photos @MarinetteRecreationDepartment on Facebook or Instagram using the hashtag #myrec
- Submit your activity log to [alacy@marinette.wi.us](mailto:alacy@marinette.wi.us) or mail to 2501 Pierce Ave, Marinette, WI 54143 by May 28th.
- Please submit ALL activity together (one complete form per person) once you have completed the 20k.
- Each participant who completes 20k by May 26th will earn a Tri-Cities 20k Family Challenge medal!
- Shipping is available for an additional \$3 at registration if you're unable to pick up the medal in Marinette. If registering for more than one person, you only pay one \$3 shipping charge.

Medals will be available after May 27th to all completed 20k challengers no matter when the form is turned in. You will receive an email when the medals are available (after May 27th).

**How to get your medal:**

Option 1: Pick up your medal at the Community REC Center after May 27th (or when the office opens back up).

Option 2: Choose the shipping option during registration (extra \$3 fee) and we will ship the medal to you after May 27th (or when the office opens back up).

**This challenge is open to all ages and all activity levels. Don't forget to register all participants at [marinette.recdesk.com](http://marinette.recdesk.com).**

**Do I have to be a runner?**

No! Not a walker or runner? That's OK! If you'd rather lift weights, go for a family walk, or follow a workout video online, you still get rewarded. Minutes go by 15 minute increments with each 15 min = .5 kilometers. The form has an easy calculation to convert minutes to kilometers if you choose to use minutes instead of kilometers.

Calculation: X Min divided by 15 multiplied by .5 = X Kilometers

Examples: 15 Min=.5 Kilometers / 30 Min=1 Kilometer / 45 Min=1.5 Kilometers / 60 Min=2 Kilometers

**Is there an age limit?**

No! Anyone can join. Walk, run, or workout together as a family. As long as everyone is registered and completes a log form, anyone can receive a medal.

**Are there running bibs?**

Yes! Download one here. Take a picture with it and tag us on Facebook or Instagram at @MarinetteRecreationDepartment or use the #myREC hashtag. We can't wait to share pictures of our challengers.

**Do I have to live in the Tri-Cities area?**

No! You can complete the challenge from anywhere you want. If you want a medal, just check the box to pay for shipping and have it mailed to you. (We appreciate your support!)