**Beat the Freeze Run Streak Rules of Engagement**

\* If you have joined the streak for personal motivation and goals and have no desire to compete – read no further! Have fun— run/walk/bike/ski— and send me an email at the end of January stating that you have completed the challenge (or fill out the attached training log) and we will send you a buff as a reward ☺

\* If you are wired up for competition, then the following rules are for you!

1. Run/Walk a minimum of 2km each day in January
2. If you are competing for the overall volume prizes you will need to track your distance in the following 3 steps:
   1. Sign up for Strava (free app)
   2. Join the January Running Distance Challenge (Strava sponsored)
   3. Join the Beat the Freeze Strava group – this allows me to see your daily volume and Strava records your total volume for the month.

<https://www.strava.com/clubs/1005673>

* 1. OR send me a gps file for every run in January to [michenermilers@gmail.com](mailto:michenermilers@gmail.com)

1. You can record as many runs as you want per day – often 2 runs a day is safer than running all your volume in one run or if you are doing a workout and you want to break up warm up and cool down it can all get included.
2. For the 5k competitors each Saturday – you must send me your 5k gps file by the end of day on Saturday to be eligible for the prize. The 5k must be completed OUTSIDE – no treadmill for this one as we have to level the playing field a bit.

**Prizes**

Total run volume:

1st place – shoes (gift card will be purchased from your local shoe store)

2nd place - $75 gift card from your local running store

3rd place - $50 gift card from your local running store

5k Challenge:

Running room gift package each Saturday in January (and other local sponsors swag)