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4-2-2020

## Recreation Center\_ Virtual Run/Walk Challenge Email

Thad Dwyer

*University of Maine Recreation Centers*

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## Fwd: Virtual walk/run time challenge

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From: Thad Dwyer (tdwyer@maine.edu)

To:

Date: Thursday, 2 April 2020, 17:43 GMT-4

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**Campus Recreation will be starting up this virtual run/walk challenge. If you are interested in participating, please let me know. There is no fee for this.**

**Virtual Walk/Run Time Challenge:**

Campus Recreation will be starting this challenge up next week. Below are the guidelines to follow if you are interested in being part of this. The main purpose is to get individuals looking to stay fit or to get started in a fitness routine. Each week Campus Recreation will give out Championship T Shirts(number will be based on how many people get involved). There is no cost to get involved.

**What you need to do to sign-up:**

1. Please email your name and email address.
2. On Monday or Tuesday send me the distance you will be running/walking along with the predicted time it will take you.
3. Thursday - Saturday run/walk the course, timing how long it takes you.
4. By Sunday at the latest email your time.
5. You have the opportunity to do this each day if you so desire.

**I will use myself as an example:**

Thad Dwyer - [tdwyer@maine.edu](mailto:tdwyer@maine.edu) - will run the bike path from start to finish(approximately 4.8 miles. My predicted time - 48.13

This fun challenge will take place starting next week, for the next four weeks.

T Shirts will be awarded to the individuals will the closest prediction to their time. Obviously, this is a fun competition and is based on your honor system. T Shirts will also be awarded to the individuals completing atleast 4 of these challenges. Any questions, please let me know.

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